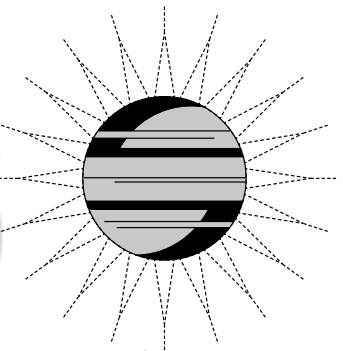


DECEMBER 2021 SUNSHINE NEWS



Telephone
712-255-1729

Number
516

Published
Monthly



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

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

Siouxland Center
for Active Generations

Supply Chain Crisis - Blessing in Disguise

The other day, Don, a member at our lunch table remarked that he was having difficulty buying the new PlayStation 5 game console for his thirteen-year-old great-grandson for Christmas. He said the store manager gave him a run-around story. The manager stated that all these specialized parts often made in different countries are experiencing synchronization and coordination problems in manufactory and shipping concerns. Whether it is shutting down factories due to COVID, aging seaports, or labor shortages, many of us are experiencing shortages this Holiday season. From empty food shelves, shortages to all the gadgets we give as gifts. We all can see the challenges this year of giving that perfect gift. It made us think that maybe this is the year, we reflect on Pearl Buck's Christmas Day in the Morning Story.

In Peals Buck's famous Story. The 15-year-old son wants to give a special gift to his Father, awakes himself up to do milking

chores for his Father on Christmas day without being asked. Later that morning his Father called up to the Son. Get up even if it is Christmas the cows need milking. The son pulled down his covers as his Father big smile and grin as he embraced the son with a big hug. His Father says "No one has ever done a nicer thing". Later the Father told his Mother that that was the best Christmas gift he had ever gotten. The story read in its entirety brings tears and enlarges our hearts.

A simple act of helping someone without being asked can enlarge both hearts. We see this each and every day around our Center. Simple gestures of kindness, inclusiveness, and positivity can be some of the greatest gifts we can give each other this Christmas season. No supply chain crisis in an organization as lucky as our Center.



CENTER HOURS

The hours for the center are
Monday-Thursday, 8:00 a.m.-2:30 p.m.
Dance Fridays 8:00 a.m.-3:30 p.m.
Closed December 24th ,27th and 31st
for Christmas andNew Years

MASKS ARE OPTIONAL.

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

HOLIDAY PARTY



December 15th 1:00 p.m.-2:00 p.m.

Snacks and refreshments provided by our sponsors.

- Cookie exchange
- Gift exchange \$5.00 bring a gift- get a gift
- Games, entertainment -Sign up by the 14th

PREMIER INDEPENDENT LIVING AND RESIDENTIAL CARE COMMUNITY



When living at home becomes a concern and you're searching for care, comfort, and peace of mind for yourself or a loved one - consider the priceless option of community living.

**NOW OPEN FOR IN-PERSON
AND VIRTUAL TOURS**

Schedule your personalized tour today!



Charter

SENIOR LIVING
of Northpark Place

2562 Pierce Street • Sioux City, IA 51104 • 712-255-1200



CENTER POLICY ON ADVERSE WEATHER CONDITIONS:

Please remember, if the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start. Please stay tuned to your local T.V. and radio stations for the latest information

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

Board of Directors

Joseph Donovan

Capt. Cregg Getman

Melanie Berte-Hickey - Member

Joel Jarman - Member

Colby Lessmann

Malinda Pflanz - Member

Steve Pohlman - Member

Barney Pottebaum - Chair

Judy Seaman - Member

Neil Peck

Beth Hughes

Alicia Nyreen

Cortni Krusemark

Caprice Moore

Executive Director

Patrick Tomscha

Program Coordinator

Kayley DeCastro

Membership Coordinator

Jan Green

Editor

Judy Seaman

Carol Gall



Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

OUR CENTER THANKS VETERANS

The Center thanked Veterans for their service this past Veterans day by treating all Veterans to biscuits and gravy. "Veterans comprise a large percentage of our membership" stated our membership coordinator. This was a small way to say thank you! At one of the morning tables, stories could be heard of our Veterans service. Many of our members served in the Korean Conflict and Vietnam war. Service above self was the underlining discussion. Whether drafted or volunteering for service the motto all gave some some gave all One Vietnam veteran was especially thankful for the 1/2 scale South Sioux City Vietnam wall at Freedom Park. "I am fortunate to be able to go over and pay tribute to my friends, friends I made in the service but did not come home. It's a monthly ritual to these five friends - I owe it to them."



Breaking Bread together at our Thanksgiving Dinner

One local minister recently stated that one of his greatest joys was being able to "break bread with his parishioners". "It is the sharing of a meal that brings people together." He stated. This was truly evident at our Center's Thanksgiving Dinner on



November 17th. A great crowd was treated to a full dinner, some music and plenty of laughter as members gathered together to share a meal.

We were thankful for the many volunteers that made this event happen. A big shout out to Pam Dillon and Kirk Frank who effort brought the meal to life. Members enjoyed the fruits of our volunteers' work. They were busy planning, shopping and finally preparing the dinner. The kitchen was bustling with pans a clatter, the turkey was prepared with sage and thyme without splatter, potatoes peeled, and pies baked but we served no cake. We want to thank all of our sponsors who helped make this event a special time for all our members. **Hy Vee & Pam Stephan** for donating turkeys, **Sugar Shack**- our cookies, **Perkins** with their pies, **Chesterman** for the drinks. All wonderful businesses that shared their products this season with our members.

December Birthday Party

Our December monthly birthday party will be held **Monday December 13 at 1:00 p.m.**, in the multi-purpose room. We Would like to thank **Countryside Health Care Center** for providing cookies. Also, Thank you to **Jim Brehm and Continental Springs Nursing Rehab & Senior Living** for the great cakes!.

Last but not least, we would like to thank the **Belly Dancers** for the wonderful entertainment for October's birthday party! *We appreciate all your support!*



Crafts with Diana

In November the ladies enjoyed their time with Diana as they painted holiday door hangers and decorated clear Christmas ornaments. Her December classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the \$4.00 fee for the class (**Limit – 10**)

1:00 p.m., Tuesday, December 7:
Santa pant brush craft

1:00 p.m., Tuesday, December 21:
Thumb tack craft



Activity with B.A.M.

Our Friends from Bickford Assisted Living and Memory Care put on a monthly activity here at the center. Diane and Deb will be doing Christmas Carols and a present game on **Tuesday, December 14 at 1:00 p.m.** It will surely be a blast! **If you would like to participate, please sign up at the activities table (limit 15)**

Lions Club seeks new members

The local Lion's Club chapter is seeking new members. Their mission is to empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs. The International organization was developed to assist and organize, charters, and supervise community service clubs to be known as Lions Clubs. Our community is fortunate to have an active club. The Lions Club exists to create and foster a spirit of understanding among the people of the world. To promote the principles of good government and good citizenship. Clubs take an active interest in the civic, cultural, social, and moral welfare of the community. A great service organization doing good works throughout our Siouxland community. Join today- for more information see Lee Chamberlain or Roger Friessen.

Welcome to the Library

Please join us in putting a puzzle together. Our book club choice for December is "The only Woman in the Room" By: Marie Bennedict. We meet December 2nd at 10:00 AM in the library we will not meet in January. We still have books for sale and are adding new books to the table daily. Some new authors added are Jaimes Patterson, Michael Connoley, and Lee Child. See you in the library!

-Helen Eriksen

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name _____

Address _____



Connecting Daily

Providing your senior care needs:

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

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



SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.277.6500 • SNBonline.com

"Where Quality Counts"

PRESTIGE Collision Repair Centers

Two Locations:

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

LEWIS ELECTRIC CO.

508 S Flynn St.
North Sioux City, SD 57049

Estimates Gladly Given

Ph. 252-2785



Home Health Care Co.

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

SALES • RENTALS • REPAIRS
Free Delivery & Set-Up

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

214 W. 7th Street • 800-217-2275

712-277-2273

Answered 24 hours a day

Gifts & Donations

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

We thank them for their thoughtfulness.

Albert Smyser	David Young	Judy Peterson	Paul Gregory
Alice Reeg	Deanna Jacobs	Judy Pierce	Paul Zielezinski
Alice Sailors	Donnette Hatch	Judy Rehurek	Ramon Sundquist
Ann Mrla	Dorothy Swanson	Karen Greene	Rita Swanson
Anna Kounas	Gail & Tom Brown	Kyong Hanshaw	Roger Eldridge
Arlene Held	Gary & Roberta	Leo Thornton	Rose Gilson
Barb Frey	Vanderlinden	Leona Rogers	Sally Tharpe
Bill Mrla	Georgia Dohrman	Lois Zunker	Sandy Gunnick
Bob Morrissey	Jack Strong	Lola Balstad	Sandy Kuntz
Bonnie Jonas	Jan Ashmore	Marilyn Chamberlain	Sharon Neely
Bruce Hunkins	Jeanne Dunbar	Marvin Pottebaum	Sherry Evans
Carol Gall	Jim Brehm	Normagene Hughes	Shirley Sherman
Carol Kelzer	JoAnn Reynolds	Pam Stephan	Sue Levay
Cathy Stevens	Joanne Peters	Pam Woolridge	Vernon Hughes



BRIDGE NEWS

Here we are at the end of the year and life as we knew it is still on hold. Hopefully, there will be no COVID surges from holiday visiting and travel. We continue to play bridge both in person at the Center and online on Monday afternoons. Diane Howard turned snowbird, but her Monday morning online class will continue. Audrey Ercolini's Thursday morning online class continues too. If nothing new happens with CDC, Leon Koster will start his in-person classes at the center Thursday December 2 at 9 AM.. Our computer is showing its age and is needing replacement soon. It's such a time saver and always accurate. Our bridge group lost Nick Zarkos in October. He was always a gentleman both at the table and away. Arlene White, one of our longtime players who retired to Northern Hills, also died in October. It's good that we have so many younger players starting to enjoy the game.

See you in the Gift Shop!

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

Our shelves have space for any treasures you may no longer need, we are happy to take them off your hands, (No TVs, large appliances, or clothing items please.) We are currently in need of PUZZLES so please drop off any you no longer want or need. Remember the gift shop is open to members and non-members alike.

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

Your Friends at the Gift Shop

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

Bickford Assisted Living & Memory Care
Brewfest
Bruce Hunkins-United Health Care
Care Initiatives Hospice
Charter Senior Living Northpark Place
Continental Springs Nursing Home
Countryside Healthcare Community
Courtney Ott
Dixie Gors - Realtor
Fareway
Heritage Northern Hills
Hospice of Siouxland
HyVee - Hamilton
Koated Kernels
Palmer Candy
Perkins
Recover Health - Wendy Beavers
Sugar Shack Bakery
Wagner Ear, Nose & Throat

BUNCO FOR ALL

The inaugural BUNCO games started last month. You too can join the fun this month. This new program is scheduled on the **3rd Friday of each month at 1:00 pm**. This month it lands on **December 17th**.

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

There is a \$5 fee each month per member for the 4 prizes given: 1st, 2nd, 3rd and booby prize (least amount of buncos) If you would like to participate, please sign up at the activities table.



Unlucky 7 Dice Game

We have a new program taking place in the center.

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



Center Stage Tappers

Have you ever thought about trying tap dancing? We would love to have you be part of our Tap group. Even if you have never tap danced before, if you are interested, please stop by. Our Tappers are offering beginners a chance at trying tap-dancing starting at **12:15 p.m. on Tuesdays**. Come give it a try. Tap dancing is a great cardio workout. According to an article by silver sneakers, "An hour of tap dancing is thought to burn anywhere between 200-600 calories depending on your pace, the steps sequence, and the effort used in the hour." Tap dancing tones the major muscle groups in the legs and core and there are many more benefits.



Woodcarvers

The friendly woodcarvers challenge you to test your artistic talents with carving. WE look forward to helping you, starting you on a project, and seeing you through completion. Don't be shy. We welcome new members to come join us on Mondays and Thursdays from 11:00 a.m. until 1:00 p.m. in the craft room. Pretty much any one can carve if they try! Both men and women are welcome. Stop in and check out the show case and see what we are making. We look forward to seeing you!

Penny Bingo

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

Hospice of Siouxland *Siouxland Palliative Care*

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

Siouxland **HEARING** Healthcare, P.L.C.

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

Michael Sloniker,
M.S., CCC-A

Palmer's
Old Time Candy Shoppe

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

COLBY M. LESSMANN
Attorney at Law

Practicing Primarily In:
Wills ♦ Trusts
Estate Planning ♦ Probate

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

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

The Heritage
at Northern Hills

4000/4002 Teton Trace
Sioux City, IA 51104

weekender
Sioux City Journal
Siouxland's Choice AWARDS
WINNER

Winner!

Voted the Best ASSISTED LIVING/ SENIOR LIVING in the 2018, 2019 & 2021 Siouxland's Choice Awards.

Call (712) 239-9400 for more information!

In Business Since 1921!

KALINS
INDOOR COMFORT
HEATING & AIR CONDITIONING

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

December Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of November 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! Jan Green, Membership Coordinator

MAE BARRON	JUANITA EHRET	ROBERT KEAIRNS	SHIRLEY SHERMAN
LINDA BEESON	HARLEN ENGELDINGER	GEORGE KOURPLAS	WILLIAM SIEVERS
PHYLLIS BENNETT	WILLIAM FLORY	DOUG LAFLEUR	JAY SMITH
DIANNE BERTRAND	CAROL GALL	ROBERT LEE	MARG SWANSON
HELEN BUNDY	ANDY GALL	JULIANNE MCKINNEY	BOB SWANSON
JACQUE CONRAD	PATRICK HALLIGAN	LORENE MOYSE	ROSE WOLFE
BOB DAVIS	DON HARTMAN	ARLENE NYREEN	ERIKA WORRELL
JANNETTE DOMAYER	GREG HOFLING	ARLENE RODEEN	
WAYNE EHRET	JERRY JORGENSEN	GENE SHERMAN	

Friday Dances

Beginning in September, our dances are scheduled on every **Friday of the month from 1:00 p.m.-3:30 p.m.** The dances are open to the public. **Member's Entry fee is \$3.00. non-member's fee is \$6.00. Meal site spectators \$2.00.**

We accept cash only.

- **December 3rd Country Brew**
- **December 10th Charley T**
- **December 17th Triple Threat**

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

A big thank you goes to **The Heritage at Northern Hills, Country Side Nursing Home and Bickford Assisted Living and Memory Care**, for being treat providers for our Friday dances. Also, thank you to all our volunteers for your help with the dances. Lastly, but certainly not least, thank you to all the amazing bands that play here for the fabulous entertainment. We appreciate everyone's support!

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



Grief Support Program

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

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

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

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

Take off Pounds Sensibly (TOPS)

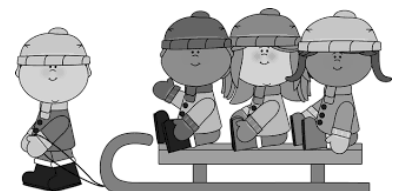
Real people. Real weight loss. TOPS has been helping millions to take off pounds sensibly since 1948. The decision to lose weight starts in your mind, and the journey to better health starts with you!

If you have been looking for a weight loss support group, we have one here at the center on **Fridays beginning at 10:00 a.m.** Feel free to stop by our TOPS group to see what it is all about. You might decide you want to join. Join before December 31st for best price.

Belly Dancing

Belly Dancing is on Monday and Tuesday mornings at 11:00 a.m. in the Exercise room. No special clothing or equipment is needed to participate. Individual moves will be taught so each participant can create her own dance form. We have fun learning the moves that improve the core and overall muscle tone. New members are always welcome. Feel free to come and give it a try or if you are not sure, come and watch. It's a great exercise.

-Ibu Nooney



Pinochle Fun

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

Trail Blazer Walking Group

So amazing- the Trail Blazers have crossed Pennsylvania and are more than halfway across Virginia on the Appalachian Trail! Our goal is to be near Ashville, North Carolina before Christmas. Watch for pictures of the beautiful Biltmore Mansion in its Christmas finery on the TV in the center of the hall at the center. To be a part of this group, just walk laps in the hallway at the center (or anywhere), and record our distance on a ticket here at the center

-Judy R. & Judy S.

Sit and Sip Coffee Shop

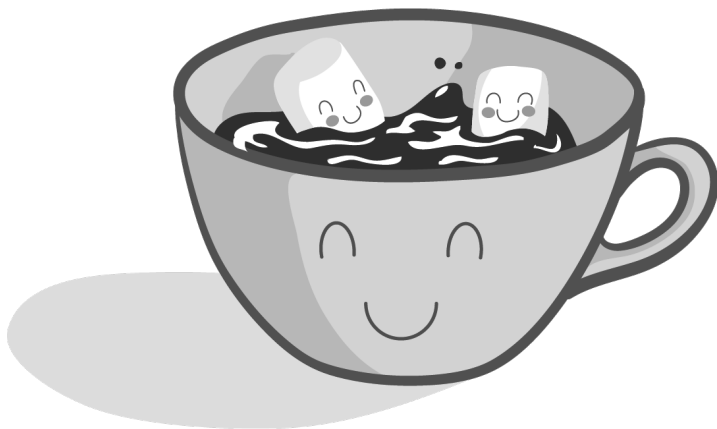
December has arrived and brings us closer to the close of another year. December is also a time of giving, something the members of our center are very good at doing all year long. The coffee shop is blessed by your generous donations of food purchased or brought from your gardens, by your stopping in for coffee or a little something to eat, and by those who volunteer their time. We look forward to seeing you when you are in the center. Please stop by and say hello, have a cup of coffee and visit with old friends and maybe make a new one now and then. Happy Holiday!

Coffee Shop Needs:

Canned chicken and tuna, pickle relish, fresh peppers, tomatoes, cucumbers, lettuce, canned vegetables: especially diced tomatoes & tomato sauce, canned mushrooms, spaghetti sauce, spaghetti noodles, small juice bottles, canned pop, bottled water, tomato and V-8 juice, cream of chicken & cream of mushroom soups, crackers – saltines and snack crackers.

We have an abundance of peanut butter, macaroni, canned soup, flour, & sugar. If you have any questions about what we need stop in and ask, we'll gladly let you know what our current needs are.

Thank you for your donations. We appreciate your support



Blood Pressure Screenings

Free blood pressure screenings are available from 10:00-11:30 am on the 2nd and 4th of the month. The screenings will take place across from the Coffee Shop.

Chair Yoga

Hi, from Kaye! 'Tis the season for giving and receiving. So, I'd like to recommend you give a gift to yourself of updating your chair yoga routine at home. This is just a review to refine your form during one of our favorite positions-squats.

As always, safety is key. If you have balance problems or injuries, talk to your doctor first about safe exercise.

Standing up from a chair or other surface without using your hands is a good exercise for older adults. You are welcome to modify this by holding onto a stable surface for more stability. After all, being able to sit down and stand up from a couch, chair, or toilet is often the determining factor in whether someone can live independently or needs full time care.

How to do it: Stand in front of a sturdy chair with your feet shoulder width apart. Your heels should be about 4 inches away from the chair. From here slowly bend your knees and push your hips back to lower your body onto the chair. Pause, then press back through the back two thirds of your feet to stand up again. That is one REP. Aim for two or three sets of 10 reps total per day. Try not to swing your torso for momentum or use your hand to push back up.

If you would like to make it harder; Once you are able to perform two or 3 sets of 10 reps with a good form, try lowering your body to a shorter chair. Eventually work up to removing the chair altogether to perform full body weight squats. With each rep lower your body as far as you can comfortably go while keeping your chest up and heels on the floor.

My challenge for squats is to raise myself from my recliner and not use my hands to push up. The only problem is, I sit on comfy cushions and fall asleep.

MANTRA: How can you make others feel about themselves says a lot about who you are.

Winter Musical Event

On December 10th a Winter Musical Event will be held at the Center. The highlight of the event features **Charley T** a musician throughout his life playing in Nashville, Las Vegas and with the likes of Liberace and many bigtime Country Western Stars. The event will feature Nashville Music with Bob Brewer starting the Friday Event off. Dance, Listen and enjoy this special event.



9:30 am Wii Bowling
 10:00 am Knitting & Crocheting
 10:40 am Tai Chi (Advanced)
 10:00 am **Coffee Series-** Outsmart Yourself
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:00 am Zoom and online shopping lessons
 12:00 pm Pinochle
 12:30 pm Bridge-Duplicate

11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Urhucky 7 Dice Game
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Activity with **BAM**
 1:00 pm Ping Pong

12:00 pm Bridge-Mens
 12:30 pm Tating 101
 1:00 pm **Holiday Party**
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds

12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Ping Pong

11:00 am-12:30 pm **Coffee Shop lunch**
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00 pm Bunco
 1:00-3:30 pm Friday Dance

*Featuring
 Triple Threat
 Freewill donation*

8:00 am Scrapbooking
 8:20 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Wii Bowling
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 10:00 am **Coffee Series-** Outsmart yourself
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:00 am Zoom lessons
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:00 pm Pinochle
 12:30 pm Movie "Milton's Secret"
 12:30 pm Bridge-Duplicate
 1:30 pm online shopping lessons
 1:30 pm Walking off the Pounds

9:00 am Fitness Logic with Lee
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Painting Class
 10:00 am Open Bridge Group
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Urhucky 7 Dice Game
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class

8:20 am Walking Exercise
 9:00 am Yoga w/Dixie
 9:00 am Chess
 9:30 am Painting Class
 10:00 am Sexy & Fit after 40
 10:30 am Open Jam Session -**\$1.00** Guests
 11:30 am Phase 10
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:00 pm Open 500 Card Club
 12:00 pm Bridge-Mens
 12:30 pm Tating 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds

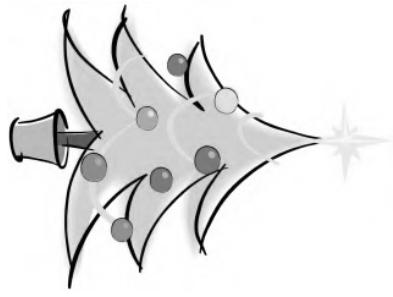


9:00 am Penny Bingo
 9:00 am Line Dance-(Intermediate Advanced)
 9:00 am Senior Yoga (CD)
 9:00 am Rock Steady Boxing (Fee)
 10:00 am Line Dance-(Beginner)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Line Dance-(Intermediate Beginner)
 11:00 am Woodcarving
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Ping Pong

**Christmas Eve
 Center Closed!**
**Merry
 Merry
 Christmas!**



27
Center Closed!
Christmas Break



9:00 am Fitness Logic with Lee
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Painting Class
 10:00 am Open Bridge Group
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Urhucky 7 Dice Game
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Ping Pong

8:20 am Walking Exercise
 9:00 am Yoga w/Dixie
 9:00 am Chess
 9:30 am Painting Class
 10:00 am Sexy & Fit after 40
 10:30 am Open Jam Session -**\$1.00** Guests
 11:30 am Phase 10
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:00 pm Open 500 Card Club
 12:00 pm Bridge-Mens
 12:30 pm Tating 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds





9:00 am Penny Bingo
 9:00 am Line Dance-(Intermediate Advanced)
 9:00 am Senior Yoga (CD)
 9:00 am Rock Steady Boxing (Fee)
 10:00 am Line Dance-(Beginner)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Line Dance-(Intermediate Beginner)
 11:00 am Woodcarving
 11:00 am-12:30 pm **Coffee Shop lunch**
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Ping Pong

31
Center Closed
New Years Eve



December 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:40 am Coffee Series- Outsmart Yourself 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am Zoom Lessons 11:40 am Tai Chi (Beginner) 11:00 am Zoom Lessons 12:30 pm Pinochle 12:30 pm Movie "Where the Red Fern Grows" 12:30 pm Bridge-Duplicate 1:30 pm online shopping lessons 1:30 pm Walking off the Pounds</p>	<p>7</p> <p><i>Crafts with Diana</i> <i>Santa paint Brush Craft (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:40 am Creative Writing 10:40 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:40 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:40 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Crafts with Diana</p>	<p>1</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 12:30 pm Tattng 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>2</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:40 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>3</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class- Vivian Miller 11:30 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday's Dance</p> <p><i>Featuring</i> <i>Country Brew</i></p>
<p>13</p> <p>9:30 am <i>Grief Support</i> (2nd Monday) 1:00 p.m. <i>Birthday Party (2nd Monday)</i> <i>Hosts: Staff/Volunteers</i></p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD)</p>	<p>14</p> <p>1 pm Activity with B.A.M. <i>Christmas carols</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:40 am Creative Writing 10:40 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness</p>	<p>15</p> <p><i>1 PM holiday Party</i></p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop -NO LUNCH 12:00 pm 500 Card Club</p> 	<p>16</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:40 am Woodcarving 11:40 am-12:30 pm Coffee Shop lunch</p>	<p>17</p> <p>1:00 pm <i>BUNCO (3rd Friday)</i></p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class- Vivian Miller 11:30 am</p> <p><i>Featuring</i> <i>Charley T</i></p>

Siouxland Center

for Active Generations

Now serving in the Coffee Shop

Serving from 11:00–12:30

Carry-out available

DECEMBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Wednesdays: Biscuits & Gravy Served 8am – 10am 1 for \$2 or 2 for \$4		1 Amish Chicken Corn Soup Chicken Mashed Potatoes Vegetable	2 Chicken & Noodles Mashed Potatoes Vegetable	3 Spaghetti with Meat Sauce Garlic Bread Soup
6 Soup Grilled Cheese	7 Liver & Onions or Swiss Steak Mashed Potatoes & Gravy Vegetable		8 Meatloaf Mashed Potatoes & Gravy Vegetable Soup	9 Soup Chicken & Rice Casserole	10 Cowboy Casserole Salad Soup
13 Beef Stew Roll	14 Baked Ham Mashed Potatoes & Gravy Vegetable		15 Winter Vegetable Stew Moroccan Chicken Breasts Rice Vegetable	16 Soup & Sandwich	17 Ham & Bean Soup Cornbread
20 Minestrone Soup Sandwich	21 Cabbage Roll Casserole Dinner Roll		22 BBQ Ribs Baked Beans Cole Slaw or Potato Salad	23 Ultimate Grilled Cheese Tomato Soup or Salad	24 Merry Christmas Center Closed
27 Beef Stroganoff Noodles Roll	28 Chicken Pot Pie Salad		29 Pot Roast with Vegetables	30 Salisbury Steak Mashed Potatoes & Gravy Vegetable	31 Happy New Year Center Closed

Witches Ride for the Center

The Siouxland Center for Active Generations has always been great organization. Upon hearing of a desire and need to have additional blood pressure station at the Center – I wanted to help! A Witch Ride for Charity came to mind, but never had the right reason until now.

By October 29th evening – 30 Witches who all wanted to support the cause – gathered at the Siouxland Center for Active Generations to load the Sioux City Trolley Bus and “fly” around Siouxland in effort to accept donations for the BP station! 14 pre-approved establishments allowed us to pile off the bus and fly into their businesses – not only to have fun but to brew up interest in helping us reach our goal of \$2400. Every Witch was offering “Wicked Witch Snack Mix” in exchange for a free will donation. By the end of the evening we were able to raise \$2625!

We had beautiful witches – funny witches – witches with big hair / small hats– bushy hair – witches with big noses – green faces – big warts – funky hats – glitter shoes – a few brooms and a lot of craziness going on – but most importantly every single one had the Center and all of it’s members in their hearts. We were 30 witches on a mission. A mission that we completed – together – for all of you!

The Siouxland Center for Active Generations can expect their blood pressure station to be set in the Center soon. Here is to your health...Cheers!

Thanks to Wendy Beavers.

Putting Together a Puzzle of Your Linear Tree

“This is the worst gift anyone has ever given me” stated grandmother as we had her spit into the vile. All the grandchildren burst out laughing, it was Christmas 2015 and 23 and me was a new company tracing DNA and ancestors, and as a gift the grandchildren gave their grandmother a DNA test. She had always talked about the Swiss heritage this test would help validate the family immigration stories. Turn the page to 2021 and most people are familiar with 23 and me, Ancestry or My Heritage, and searching the internet for where their decedents come from. Hoping these searches for the famous and infamous validate the family lore. Curiosity of the past drives Cheryl Kounas each month to help others start the search linking their families. Cheryl leads the Genealogy Class the 2nd Friday of the Month. “Many times, members don’t know where to start and often are lured into paying for genealogy websites promising family trees searches”. There are places to start the search without having to spend a lot of money”. Stated Cheryl.

Bench Provides Comfortable Resting Place

Recently Joan Stephen’s family donated an outdoor bench in memory of Joan. Joan was an active member of our organization and appreciated the music, bingo and fellowship that the Center offers. This bench will provide those waiting to enjoy the outdoors, a great place to sit and people watch. Thank you!



Volunteering: A Positive Impact for Individuals and Communities

The Senior Companion volunteers provide visits to elderly people, gaining the bond of a new friendship, while the home-bound individual has something to look forward to on a regular basis. These visits also help an individual to remain independent and in their own homes. Family members of the client(individual) are often given a sense of relief and comfort in the knowledge that there is someone looking out for their loved one. Volunteers can provide respite to caregivers. This time allows the caregiver to run errands, make appointments, and at times just practice self-care. Other types of volunteering include delivering meals and providing transportation to appointments. Without the help of these amazing people giving of their time; the communities, the businesses, organizations, and private individuals would suffer a great loss, and many would no longer function or would struggle to function. Volunteering is as much a necessity to society as air is for breathing. There is always a need for volunteers, and we are always thankful to those who give of their time.



December Creative Writing Themes

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

- Dec. 7th..... Write about your wonderful Christmas memories.
- Dec. 14th Write about "Peace on Earth, Goodwill to Men"
- Dec. 21st..... Write about the " Christmas Carol Story" and how Scrooge changed from his past life?
- Dec. 28th.... Write about your thoughts of the year 2021?

"Wishing everyone a safe and happy holiday season, may you know much joy"

Embers entertain for Oscar Ortiz Benefit at the Center

The Embers played for a benefit dance on November 13th for Oscar Ortiz who died September 16th. Oscar was born on September 6, 1971, in San Antonio, Texas. Oscar married Karen Derby, and together they made their home in Sioux City.

Oscar was a musician and is being inducted into the Iowa Rock and Roll Hall of Fame. The family was his life and music was his game. Ron McKewon who often played with Oscar stated "Our community lost a great musician. Never the front man Oscar musical skills were enjoyed by many members".



- ### WISH LIST
- Ice cream cups needed for birthday party.
 - Sponsoring Birthday Party treats
 - Yoga Balls-Older Nordic Track skiers
 - Drum Circle drums/sticks
 - You! Our Center needs volunteers to help facilitate events & programs.
 - Spread the word to your friends. There's still a lot to do at our center or lead a program. If each member asks a friend to join, we will meet our membership goals.
 - Donate to the Gift shop - it helps keep us going. Clean, small appliances, dishware, home décor.
 - Winter Colored Tablecloths, and always red, white, and blue



STRUGGLING TO PAY YOUR RENT?

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

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

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

◆ Stump Grinding ◆

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

MediGold Medicare made easy[®] Now in Iowa!

Iowa State Office: 1449 NW 128th St., Suite 210 Clive, IA
Joe Evans, Sales Manager - Iowa: JOE.EVANS@medigold.com

Sioux Body Shop Body & Frame Repair

501 West 8th St.
(712) 255-7172

FOULK BROS.
PLUMBING AND HEATING, INC.

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

R. PRESCOTT & SONS
Plumbing & Heating Co.

Commercial & Residential Repairing
NO JOB TOO SMALL
NO JOB TOO LARGE 276-7014

SilverSneakers Classic Fitness Program

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Our Participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. Sometimes a chair is used for seated exercises or standing support. Our SilverSneakers classic is taught Tuesdays and Thursdays at 10:30 a.m. Come join the fun and fitness routine millions of Americans are using each and every day. The class is free to SilverSneakers members and \$1.00 for other members that want to join.

Classes for Computers and Other Electronic Devices

Kristina Yezdimer is once again volunteering her time offering one-on-one computer classes at the Center. (She can also answer your iPad, iPod or cell phone questions.) To schedule a class, call the Center at (712) 255-1729. Thanks to Kristina for her continued support.

She is not charging for her service; however, if you would like to make a free will donation to the Center, they are appreciated.

Chorus News

We are ready to start our chorus back up. We all look forward to being able to SING again in the future. That said, we still need a CHORUS DIRECTOR or ACCOMPANIST. IF YOU KNOW SOME ONE WHO MIGHT BE INTERESTED IN EITHER POSITION, PLEASE LET THE CENTER KNOW!! Stop in or call and ask for Kayley at 712-255-1729

Also, anyone who would like to join in celebrating music, please let us know... we welcome any new members. Music has power in numbers, for sure. HOPEFUL WE WILL GET TOGETHER SOON.

Walking Exercise Group

We have a walking exercise group that meets on Monday and Wednesdays at 8:20 a.m.-8:50 a.m.

You are invited to stop in the exercise room and walk with us. You can meet up with your old friends or meet new ones while walking and getting your miles in.

Siouxland Parkinson's Support Group

We have a Parkinson's support group that meets on **the 4th Monday of each month at 1 pm**. With the holiday season, one meeting will be held on **December 6th**. It is available for our members and open to the public. All are welcome.

Rock Steady Boxing

People living with Young Onset Parkinson's disease (YOPD) are often in the prime of their career when diagnosed-typically before age 50. Once diagnosed challenges and questions such as how to continue working and also how to tell family and friends are difficult. Early strategies to address this disease can help empower their life's narrative. One strategy is knowing the facts of the disease and understanding the subtle changes in one's body. Another effective strategy is actively seeking exercise opportunities including cardio, strength training including a great stretching routine, and movement techniques. Non-contacting boxing is a great way to keep functionality and improve one's quality of life. The Center offers *Rock Steady Boxing* a national affiliate helping those afflicted with Parkinson's. Stop by and talk to us today.



SUTER
C.W. SUTER SERVICES

Service that Suits You!

Heating & Cooling	We Service All Makes
Duct Cleaning	FREE Estimates
	24 Hour Service

LENNOX

Call 252-3007 or visit us online at www.cwsuter.com



Pleasant and Affordable Housing Communities for Elderly and Disabled

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

 **Equal Opportunity Housing** 

 **Oakleaf**
PROPERTY MANAGEMENT
1019 Jones Street • Sioux City, Iowa
(712) 255-3665

'Providing for others what we expect for ourselves.'

Medicare Benefits Available at the Center

Siouxland Center for Active Generations is now participating in the Renew Active-UnitedHealthcare fitness benefit. If you are a UnitedHealthcare Advantage Plan or a Medicare supplement subscriber, stop in, and talk to us about how this benefit can help support the center. If you're a Silver Sneakers participant, you too can benefit from their program right here at the center. Stop in and chat about how to receive these extra benefits. Ask to speak to Pat, the Executive Director.

Medicare Open Enrollment

Bruce will be here at the Center to assist you with your Medicare questions on:

Tuesdays 9:00-11:00 a.m.

Wednesdays 9:00-11:00 a.m.

Next to the Coffee Shop



Bruce Hunkins

Independent Insurance Agent

Specializing in Medicare Advantage & Supplement Plans

(402)-709-7314

bahunkins@yahoo.com

Online Grocery Training is Now Being Offered at the Center

Maybe the good old days are back- Once upon a time, the local grocery carry-out employee would help you carry your groceries out to the car. The COVID 19 pandemic necessitated groceries find alternative ways to attract buyers to their stores and keep them safe. "The recent trend of online grocery shopping, delivery or pickup is here to stay". stated a local Hy Vee manager. If you haven't tried this new service, you may be missing out. No longer do you ponder which grocery line to select -always picking one where the person in front of you needs a price check-, or managing the icy parking lot you too can order on a computer and drive up and have them place your groceries in your car. Service is back- it's all for the taking. Learn how you too can take advantage of your local favorite store: Fareway, HyVee, Walmart, and Aldi all provide these services. We can help you get started. Training to occur on the 1st and 3rd Mondays at 1:30 pm. Notification and sign-up are required. Call the front desk today and sign up today.



Zoom Training offered



If you can't gather with your family for the holidays maybe Zoom options are available to visit and see or watch the family festivities. The COVID pandemic caused a spike in Zoom meetings. Many businesses have changed in-person meetings to Zoom options saving money and time. Families usage has increased allowing families to virtually gather and share news, events, and stories. If you have a computer and want to join this activity the Center will be having training session twice a month. Zoom meetings can be free for up to 40 minutes per session. These sessions will be an interactive training program showing the basics of virtual meetings. Sign up today. First and third Mondays at 11:30 am.



DECEMBER BIRTHDAYS

- | | | | |
|------------------|-------------------|------------------|-------------------|
| Mary Abraham | Jane Henderson | Carol Krumwiede | James Sands |
| Charlotte Adams | Vince Henrichsen | Rodney Kuchta | Doreen |
| Donna | Melanie Hickey | Doug LaFleur | Schoonover |
| Beauchene | Mike Hobart | June Lahti | Lillian Schroeder |
| Delores | Iris Hofling | Richard Larson | Judy Seaman |
| Bogenrief | Gary Hoklin | Flora Lee | Larry Shaver |
| Pat Bornhoft | Terry Hubert | Dennis Magden | Shirley Sherman |
| Maureen Camerer | Lyle Dean | Dianne McCall | Charles Smoley |
| James Chancey | Hughes | Pam McDermott | Richard Solomon |
| Pamela Crabb | Cynthia | Phyllis McMillan | Michael Tew |
| Linda Craft | Hyndman | Gilbert Nelson | Phyllis Todd |
| Ron Cummings | Patricia Isaacson | Jeanine Newton | Connie Travis |
| Linda Lee | Eric Johansen | Joseph Nicolas | Ron Vogt |
| Deabler | Wayne Ray | Lorae | Elaine Waskow |
| Martha Dirks | Johnson | Nieuwendorp | Beverly Weseman |
| Jannette Domayer | Susan Jones | Barbara Notto | Donna |
| Emily Domayer | Carolyn Keleher | Lillie Parrett | Westbrook |
| Kenneth Dvorak | Sally Kimball | Linda Peete-flom | Carmen White |
| Harlen | Christy | Terry Prokop | Paula Wiley |
| Engeldinger | Kingdom- | Morey Rasmussen | Patricia |
| John Fagan | Knoepfler | Joan Ratley | Windeshausen |
| Maryann Farrell | Karen Koch | Kurt Riemer | Susan Jensen |
| Vesta Gilbertson | Shavonne Kopal | Dianne Roach | Wollesen |
| Walter Goodwin | Elizabeth Mae | Larry | Sarah Young |
| Sandra Graser | Kosinski | Rowenhorst | Roxie Zortman |
| Paul Gregory | Ruth Koster | Beth Rozeboom | |
| Colleen Guy | David | Emily Rubia | |
| Grace Hawkins | Krommenhoek | Betty Sampson | |

NEW MEMBERS

- JACK AARVIG
- BRAD ARMSTRONG
- JAN BEAUCHENE
- DIANE BJORKMAN
- ETHAN BREWER
- HELEN CRAIG
- TERRY DAHLQUIST
- JANA ERDMANN
- MARVIN FICKBOHM
- LINDA FROST
- ADRIAN HANSON
- CAROLYN HANSON
- PAULA HARDER
- ANNETTE HOEFLING
- KAREN JAUER
- CAROLYN JORGESEN
- JUDITH LEE
- BETH LEHMAN
- WILMA MAPES
- ALAN MCGAFFIN
- TERRI MCGAFFIN
- SHAYLA MONK
- JEANNETTE PALMA
- DIANE PAUGH
- LORRAINE PFOTENHAUER
- THERESA RICHARDSON
- JOHN SANDERS
- SHERRI SCHOEPF
- ROBIN SCHROEDER
- DARLENE SOLOMON
- RICHARD SOLOMON
- JOAN TOZIER
- CATHY VELLINGA
- DAVID YOUNG

WE REMEMBER

KENNY JOHNS



Overactive bladder?

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

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

sanfordhealth.org,
keyword: Bladder Health

SANFORD
WOMEN'S

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

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

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

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

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

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

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

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

TRUGREEN
 601 Main Street • Sioux City, IA 51103
 712-279-9553 • 888-356-4664
 An Independently Licensed Franchise

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

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

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

Membership Information

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

Refund Information

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

DOLLAR A MONTH CLUB

October

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

- | | | | |
|---------------------|----------------|------------------|---------------|
| Miriam Clayton | Richard Hayes | Pamela Mears | Don Schultz |
| John & Sandy Graser | Donna Johnson | Russell Movall | Harvey Viken |
| Virginia Gries | Maizie Johnson | Jan Nelson | Bob Wolf |
| Sherry Evans | Sally Kimball | Kaye Plantenburg | Claryce Welch |
| | Mindy Krause | George Polak | |

Dollar Per Day Club

Gene Andersen	Judy Seaman	Paul Zielezinski
Andrea & Mark Rathgeber	Joe Donovan	First Premier Bank
Paul Gregory	Joel Jarman	Dorine Levine
Diana Howard	Judy Peters	Charter Senior Living
Barney Pottebaum	Emily Kowalski	Northpark Place
Tom & Deanna Jacobs	Marc & Ellen Christofferson	Gail & Tom Brown