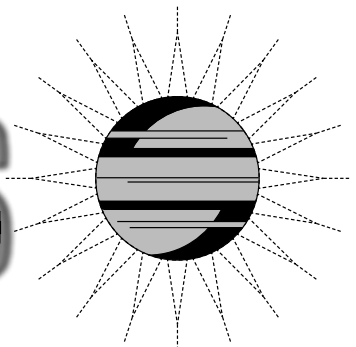


AUGUST 2021

SUNSHINE NEWS



Telephone
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Number
512

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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

Volunteers-The engine of our Center

Siouxland Center for Active Generations relies on a vast number of volunteers steering our programs. From tap dancing to woodcarving the talents and passions of our members help others explore new hobbies, fitness opportunities or sharing new friendships. New studies are finding more and more benefits are linked to volunteering, specifically when volunteering after retirement. Volunteering helps strengthen Siouxland, but it also has emotional and physical benefits.

According to a recent study done by the Corporation for National and Community Service, Americans over the age of 60 that volunteered reported lower disability and higher levels of well-being compared to those who did not volunteer.

Rose is an avid volunteer in her newly adopted community. Before retiring she worked for a charity group, in human resources, and cooking for seniors. In her free time, she volunteered at her church as a Sunday school teacher and served on many of the church boards.

Around the time Rose retired, her friend had a stroke and subsequently ended up having to pay out-of-pocket for his hospital stay. As a Medicare beneficiary, your hospital status (inpatient vs. outpatient) determines what Medicare covers and what your costs will be. This is something Medicare beneficiaries do not always know about. Rose decided to become educated on Medicare so this wouldn't happen again. She became trained in Medicare through Iowa's SHIIP Program. During the COVID time, this past year, she took on-line courses on Medicare and insurance counseling. After training, she decided to give back to her community again. She has been volunteering with SHIIP along with her mentor, Tom. She enjoys counseling people and helping them make informed



decisions. Her first client was a long-time friend. As Rose said, "We think he can save some money and have better coverage."

Below are the top five reasons retired adults should volunteer:

1. Helps bridge generation gap.

By interacting with younger generations, Bridget (93) one of our dance instructors is able to share important life lessons to those

continued on page 2

Center Hours

The hours for the Center are
Monday - Friday, 8:00 a.m.-2:30 p.m.
CLOSED ON -Monday, Sep 6th
for the observation of the Labor Day.

MASKS NO LONGER REQUIRED

AT THE CENTER.

Our Board has approved Masks as
Optional, for our facility.

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

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www.siouxlandcenterforactivegenerations.com

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

taking her instructions that are in their sixties. On the flip side, younger generations are able to teach seniors new ways of looking at life. By building a connection with each other, both generations are able to offer the respect and affirmation that humans crave.

2. **Volunteering time makes you feel like you have more time.** Giving others your time can make your time feel more affluent. A study done at Wharton College found that people who give their time felt more capable, confident, and useful. Since they were able to accomplish one thing, they feel they will easily accomplish tasks in the future. So, even though realistically they have less time, they feel as though they have more time. Similarly, those who donate their money feel like they are wealthier.
3. **It's good for mental health.** Volunteering keeps the brain active, which contributes to a person's cognitive health. The National Institute on Aging reported that participating in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors.
4. **Helps prevent senior isolation and depression.** Volunteering can have positive effects on a person's psychological health. In a study done by the Corporation for National and Community Service, researchers found that individuals who engaged in volunteering activities experienced a shorter course of depression than those who did not volunteer. Volunteering provides the senior a sense of purpose and accomplishment.
5. **It promotes physical activity.** Physical activity remains an important role in positive health outcomes through the oldest ages. Whether that activity is helping with a local sports team or walking around your neighborhood while volunteering as a companion, maintaining a healthy level of fitness helps fend off diseases as you age.

Rose believes community is important, and what she can do to help the community is just as important. Rose's advice to anyone who wants to get out and volunteer but is shy about it, is, "Do it, do what you can, and learn what you need to know to be helpful."

However you decide to spend your time volunteering, it's important to look for opportunities that fit into your schedule. Many retirees find activities that are flexible fit into their schedule best. Other people are able to volunteer 20 hours a week and still have plenty of time to partake in other activities.

Find an activity you're passionate about. Volunteering is best for all parties involved when you are doing something you enjoy. It's never too late to get started. Whether you just retired or are in your later years there is an opportunity out there for you.



Crafts with Diana

Our members made some beautiful crafts in July! It is so much fun to watch them put together their crafts and seeing what they come up!

In August we are having one class. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the **\$2.00 fee for the class. (Limit - 10)**
*** 1:00 p.m., Tuesday, August 24th: Pizza Pan Craft.**

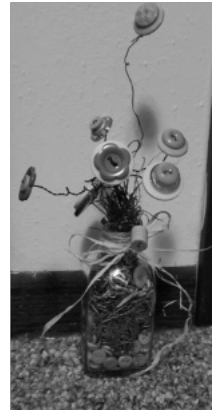
Continental Springs Creations

We are excited to announce that **Becky, with Continental Springs**, is bringing back her craft classes to our Center. She always has creative projects for our members to do to use their imaginations, so they get to create their own desired effect.

The future classes are on schedule to begin at **11:00 a.m. on the 2nd and 4th Fridays of the month** starting in August. For more information watch for the flyer on the activities table. There is no cost to our members; Continental Springs supplies everything for this complementary class.

- **11:00 a.m., Friday, August 13th: Button Flowers**
- **11:00 a.m., Friday August 27th: Cupcake Liner Labor Day Flowers**

If you would like to participate, please sign up at the activities table. (Limit 15)



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Summer Crafts with Siera

Join **Siera Linneweber with Great Plains Medicare** for a summer craft. Enjoy a treat while making your own Terracotta Wind Chime. Siera will be providing all supplies. Come join in on the fun with Siera and your friends.

Tuesday, August 17th at 1:00 p.m.

If you would like to attend, please sign up at the activities table. (Limit of 10)



Trivia with B.A.M.

There is never a dull moment with our friends from **Bickford Assisted Living and Memory Care**. Last month our members had a fantastic time making some charming jewelry with **Diane and Deb from Bickford!** Thank you to Bickford for bringing fun times to our Center! We appreciate your support!

Trivia will be their activity on **Tuesday, August 10th at 1:00 p.m.**

If you would like to participate, please sign up at the activities table.



Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

Siouxland Center for Active Generations Investment Fund

313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Gifts & Donations

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

Alice Reeg	Deanna & Tom	Judy Peterson	Pam Stephan
Ann Mrla	Jacobs	Kathie Kobernus	Pat Niewohner
Anna Kounas	Don & Rosalie	Kris Shults	Paul Zielezinski
Audrey Ercolini	Horsted	Kristine Bergstrom	Ramon Sundquist
Barb Doren	Dorothy Swanson	Kyong Hanshaw	Rita Swanson
Benita Rae Leff	Dorothy Vanderweil	Leona Rogers	Rolene Beauvais
Bev Hall	Georgia	Lillian Schroeder	Sally Kimball
Bob Morrissey	Helen Ericksen	Linda Beeson	Sandi Kimpson
Carol Foster	Jack Derosiers	Linda Dykstra	Sharon Lillie
Carol Gall	Jan Nelson	Linda Tritz	Sherry Evans
Carol Kelzer	Jane Henderson	Liz Blachnik	Sue Jones
Chuck Warren	Jane Hunkins	Lois Ward	Sue Levay
Courtney Ott	Jeanette Wendt	Lola Balstad	Vernon Hughes
Dean & Donna	Jeanita Husted	Miriam Clayton	Vikki Jacobs
Marsh	Joan Johnson	Normagene Hughes	Tim Bell
Don Domayer	John Woods	Pam Dillon	

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

Bickford Assisted Living
& Memory Care
Bruce Hunkins
Continental Springs Nursing Home
Countryside Healthcare Community
Dixie Gors - Realtor
Heritage Northern Hills
Hospice of Siouxland
Kingsley Specialty Care
Coated Kernels
Lawton Senior Living Community
Recover Health
Sugar Shack Bakery

Belly Dancing

This class is offered 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.

To explain more about the art of belly dancing...this is a Middle Eastern dance that takes many different forms depending upon the country of origin. It is a nonimpact, weight-bearing exercise suitable for all ages.

It is a good exercise for the prevention of osteoporosis in older people. The isolation move improves flexibility of the torso, benefits the spine, and helps strengthen a person's core. It can also build strength in the arms, shoulders, legs, hip, and back muscles. **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. It is great exercise. (Or if you are not sure, come watch.)

~Pam Stephan



Jazz Dancercise

Jazz Dancercise class meets on **Tuesdays and Fridays from 11 a.m.-noon.**

Warm-up begins with classical music and ballet stretches. As jazz is introduced, you will experience music with a great beat to get you moving and having fun! The movements she teaches help with blood circulation, posture, coordination, balance, and muscle strengthening.

Comfortable clothes and shoes, along with a desire to learn and have fun is all you need.

- Bridget Agriopoulos

“Dance, even if you have nowhere to do it but your living room. – Kurt Vonnegut”

See you in the Gift Shop

At the Gift Shop we have a variety of items; from jewelry and glassware to purses, greeting cards, puzzles, and much more. Visit our Gift Shop to donate, shop, or just stop in to visit for a bit. Our shelves have space for any treasures you may no longer need, and we are happy to take them off your hands. (No TV's, large appliances or clothing please.) Remember, the Gift Shop is open to members and non-members alike.

We have a lot to offer and we love your patronage.

Your Friends at the Gift Shop

WISH LIST

- Vanilla ice cream cups needed for birthday party.
- You! Our Center needs volunteers to help facilitate events & programs.
- Volunteers to lead/plan ethnic meals- Yes -Mediterranean, Scandinavian, English, German-all welcome. Here's a time to wave your heritage flag.
- 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.
- Summer/Fall Colored Table Clothes, and always red, white, and blue.

Today's Fitness-Tip

After you exercise, take a few minutes to sit down and relax. Reflect on what you've just accomplished and savor the positive feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a long-range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.

Today's Nutrition Tip

Scale back on sodium. Most of the sodium in your diet comes from processed and prepared foods, such as canned vegetables, soups, deli meats and frozen meals. Condiments are another major source of sodium.

Jam Session

We are blessed to have a great group of wonderful and talented Jammers entertaining us here at the Center weekly! Please join us on **Wednesdays from 10:30 a.m.-12:00 p.m.** Non-member's fee is \$1.00

Singers and instrument players are welcome. Come join in on the fun. Attendees may dance or sit and enjoy the show. It is such a good time!

Thanks to all the Jammers for the amazing entertainment provided to us weekly. We really appreciate you all!



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August Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of August 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

CHARLOTTE ADAMS	KYONGAE HANSHAW	VIRGINIA MARTIN	EMILY RUBIA
THERESA ANN AMBROSE	JEANETTE HANSON	RONALD MUELLER	BETTY SAMPSON
BETTY LOU BAKER	THOMAS HILDEBRAND	JOHN NEBEL	HENRIETTA SCHOLTEN
KEN BAKER	MAVIS HOLMAN	MARGARET NEELY	DAVE SCHOLTEN
KERRI BAKER	RON HOPE	JO ELLEN NELSON	JULIE (GRACE) SEMPLE
LOLA BALSTAD	JEANITA HUSTED	JUDY NELSON	RITA SWANSON
MILTON BARNES	PATRICIA (PAT) ANN	LORAE NIEUWENDORP	CHARLES TARVIN
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WENDELL BROCKMAN	ALVIN JOHNSON	CAROL PERRIN	EDDIE TUDEHOPE
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JAMES CHANCEY	KATHIE KOBERNUS	TOOTS PITTMAN	PAT TURNER
RUTH CHANCEY	CAROL KRUMWIEDE	ROGER PRODEHL	JUDY TURNER
LINNEA CLAUSEN	ROBERT KRUMWIEDE	TERRY PROKOP	CAROLYN WOLF
DELORES DISTERHAUPT	VINCENT LAFLEUR	GARY PROKOP	SEBASTIANO ZARBANO
JIM FRANCE	SUE LEVAY	BILL PUETZ	
LINDA GROETKEN	ELLEN LIVINGSTON	JUDY RAMIREZ	

Chair Yoga with Kaye

The structure of our chair yoga class starts with breathing exercises, gentle warmups, some standing poses using a chair for balance, and then deeper stretches. We usually end with a guided meditation.

Chair Yoga is practiced sitting in a chair and standing using a chair for support. The number one priority is being safe and comfortable. If you can't do a certain pose, it is okay just to skip a pose if it is not working for you.

Wear clothing that is comfortable to move in, stretch in, and breath with ease. Also, consider bringing a water bottle to class.

Things to know before your first Chair Yoga Class

1. Don't eat 1-3 hours before practicing.
2. You don't need to have a certain level of fitness or flexibility to try yoga.
3. There are many different styles of yoga. Hatha Yoga is a very general term that encompasses any of the physical styles of yoga. It is a slow paced and gentle way of practicing.

Benefits of Chair Yoga

- Peace of mind
- Increases arm strength
- Less chance of heart disease
- Helps digestion
- Increases metabolism
- Oxygen to brain
- 35 % increase in flexibility after 8 weeks of practice
- Decreases lactic acid in muscle and decreases lactic acid in muscle and decreases joint pain

Mantra this month: Do not fear failure but rather fear not trying.

I am looking forward to seeing you on **Fridays at 10:00 a.m.** in the exercise room.



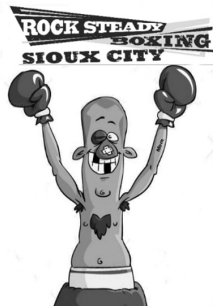
– Kaye Plantenberg

Bridge News

August brings some changes in our local bridge world. Diane Howard's Monday morning class is now meeting at the Center at 9:30. We said goodbye to online & Zoom classes. The real impetus for the change is that our 12:30 game is now live at the Center. What fun to see smiling faces and to hear friendly voices! Monday online games will continue as long as they are also popular. Wednesday morning novice game will soon be live at the Center also. It's been interesting for novices to have opportunity to play online with people from other clubs. We have missed the tournaments where we get to meet other players. Sioux Falls is trying to get permission for an October tournament. Audrey Ercolini's 9:15 Thursday morning class will continue online, as our Thursday 12:30 game is still online. Best news is that Leon Koster will start a new beginning bridge class at the Center as soon as he has at least four players signed up. Time and day will be determined by needs of class and teacher.

– Audrey Ercolini

Rock Steady Boxing: Exercise and the Brain



Siouxland Center for Active Generation's own Rock Steady Boxing program has added two new pieces of equipment to assist our boxers with maintaining their independence and improving quality of life activities. This nationally recognized program is proving to help Parkinson's related disorders patients maintain their quality of life. The stair stepper is an exercise equipment that helps build our boxers' physical condition, but also helps retain and improve brain timing necessary to navigate timing issues associated with everyday activities. The second piece is a Provibe exercise machine that helps precondition muscles prior to exercises. Evidenced based studies have indicated that and can improve the workout effectiveness of workouts by up to 16%. Our boxers are enjoying these new pieces of equipment and effectively using them during their classes and non-class activities.

Sit and Sip Coffee Shop

Summer is off and running. If you find it too hot to exercise outdoors; come into the Center and enjoy the cool. This could be a wonderful opportunity to discover a new exercise routine or one of the many other classes offered.

While you are here, stop in the **Sip & Sit Coffee Shop** for a cup of coffee or a cool drink. Meet old friends or make a new one or two. I was once told "don't worry about not knowing anyone, you will soon find lots of new friends." This has proven very true – you are not a stranger for long.

The Coffee Shop offers a daily breakfast mini egg bake and a hot meal for lunch. Beginning this month, we will publish a monthly menu so you can plan ahead for your favorite dish. Don't see your favorite dish, then please stop by, and make a request.

Also, look for our *Sit and Sip monthly menu*, now printed in the Sunshine News.

Our coffee shop could use some donations.

If you find yourself with an abundance from your garden, feel free to bring them to the Center to share in the coffee shop or with other members.

We can always use canned chicken & tuna, dill & sweet relish, eggs, onions, fresh peppers, tomatoes, cucumbers, lettuce, canned vegetables, spaghetti sauce, pasta, canned mushrooms, small canned or bottled juices, canned pop & bottled water.

Your donations are greatly appreciated, and we are grateful for your support. - Rose

Welcome to the Library

Hope you all are having a wonderful summer.

Our Book Club choice for August is "**Just as I Am**", by Cicely Tyson. We meet on **Thursday, August 5th at 10:00 a.m.** in the library. Please join us; even if you haven't read the book.

I would like to recommend the author Jennifer Chiavevini who I like. She wrote the "Elm Creek Quilts" and "Mrs. Lincoln's Dressmaker." I have read 16 of her books and enjoyed all of them.

We still have our Book Sale in the library. The books are on sale for only 50 and 25 cents. Great books for a great price!

See you at the library - Helen Eriksen

(Book Club Members pictured right)

Stroke Patient Uses Interactive Metronome- Home and Enjoys Life Again!

Will's testimony: He is a 72-year-old male who suffered a left temporal lobe stroke started IM-Home 60 days post discharge from inpatient therapy. His main complaints were: right side weakness, fatigue, irritability, focus, concentration, emotional instability, and memory problems. Will's daughter, who was familiar with IM, oversaw his home training. Using both sides of his body, he trained 3-4 times per week, working up to 1800 repetitions with IM-Home. After he completes his IM-Home exercises for the day he then challenges his brain with cognitive skill building exercises. Today, Will reports that he is happier, has more energy, less fatigue, and has better working memory. He is now able to enjoy yard work and recreational activities with his wife and grandchildren again. Will continues to train with IM-Home to maintain and improve his level of motor and cognitive functioning. Ask us how Interactive Metronome can improve your life.

Trail Blazers Walking Group

Congratulations Trail Blazers, we made it to the Oregon state line all the way from south of San Diego!

For the summer we won't set a walking goal. We will just enjoy walking and scenic pictures of Iowa on the T.V. in the hallway corner.



August 2021

Questions? Call (712) 255-1729 OPEN: Monday- 8-4:00 p.m. Tues-Friday 8:00 am-2:30 p.m., Except 2nd & 4th Fridays 3:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "The Natural" 12:30 pm Siouxland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>3</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 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>4</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 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 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 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</p>	<p>5</p> <p><i>10:00 a.m.-Book Club in the Library (1st Thursday)</i></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) 9:30 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>6</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 No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p><i>No Friday Dance</i></p>
<p>9</p> <p><i>9:30 am Grief Support (2nd Monday)</i> <i>1:00 p.m. Birthday Party (2nd Monday)</i> <i>Hosts: Staff / Volunteers</i> <i>Entertainment: Center Stage Tappers</i> <i>Treat Providers: Continental Springs & Countryside Health Care Center</i></p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Siouxland Dup. Bridge (Open) 1:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>10</p> <p><i>1:00 p.m. Activity with B.A.M Trivia and Floats (Sign up- Limit of 15) (2nd Tuesday)</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 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>11</p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 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 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 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</p>	<p>12</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) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>13</p> <p><i>10:30 am Genealogy Class (2nd Friday)</i> <i>11:00 a.m. Continental Creations Button Flowers (Sign up- Limit of 15) (2nd Friday)</i></p> <p>9:00 am Fitness with Dixie 10:00 -11:30 am Blood Pressures- (Mercy) 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 No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:00 pm Friday Dance</p> <p><i>Featuring "4 On the Road"</i></p>
<p>16</p> <p>8:00 am Scrapbooking 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting & Crocheting</p>	<p>17</p> <p><i>1:00 p.m. Summer Crafts with Siera Linneweber from Great Plains Medicare (Sign up- Limit of 10)</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</p>	<p>18</p> <p><i>1:00 p.m. Ice Cream Float Bar with Shawna from Regency Square</i></p> <p>9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40</p>	<p>19</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)</p>	<p>20</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</p>

10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:30 pm Movie "Superman Returns"
 12:30 pm Siouxland Dup. Bridge (Open)
 1:00 pm Pinochle
 1:30 pm Walking off the Pounds

10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 11:30 pm Mexican Train
 12:30 pm Penny Bingo
 12:30 pm Pitch
 12:30 pm Tap
 1:00 pm Painting Class
 1:00 pm Ping Pong

10:30 am Open Jam Session -\$1.00 Guests
 11:30 am Phase 10
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:00 pm 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

11:00 am Line Dance-(Intermediate Beginner)
 11:00 am Woodcarving
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Men's & Women's Social Group
 1:00 pm Ping Pong

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 No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time

No Friday Dance

23

*1:00 p.m. - (4th Monday)
 Parkinson's Support Group
 - In person or by Zoom*

8:00 am Scrapbooking
 9:00 am Senior Yoga (CD)
 9:00 am Silver Sneakers Classic Fitness
 9:30 am Wii Bowling
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:30 pm Movie "My Friend Irma"
 12:30 pm Siouxland Dup. Bridge (Open)
 1:00 pm Pinochle
 1:30 pm Walking off the Pounds

24

*1:00 p.m. Crafts with Diana
 Pizza Pan Craft \$2.00
 (Sign up- Limit of 10)*

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)
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 11:30 pm Mexican Train
 12:30 pm Penny Bingo
 12:30 pm Pitch
 12:30 pm Tap
 1:00 pm Painting Class
 1:00 pm Ping Pong

25

9:00 am Yoga w/Dixie
 9:00 am Silver Sneakers Classic Fitness
 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
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:00 pm 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

26

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)
 11:00 am Line Dance-(Intermediate Beginner)
 11:00 am Woodcarving
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Men's & Women's Social Group
 1:00 pm Ping Pong

27

*11:00 a.m. Continental Creations-
 Cupcake Cake Liner Labor Day Craft
 (Sign up- Limit of 15) (4th Friday)*

9:00 am Fitness with Dixie
 10:00 -11:30 am Blood Pressures- (Mercy)
 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 No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00-3:00 pm Friday Dance

Featuring "Country Brew"


30

8:00 am Scrapbooking
 9:00 am Senior Yoga (CD)
 9:00 am Silver Sneakers Classic Fitness
 9:30 am Wii Bowling
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 12:30 pm Movie "Secondhand Lions"
 12:30 pm Siouxland Dup. Bridge (Open)
 1:00 pm Pinochle
 1:30 pm Walking off the Pounds


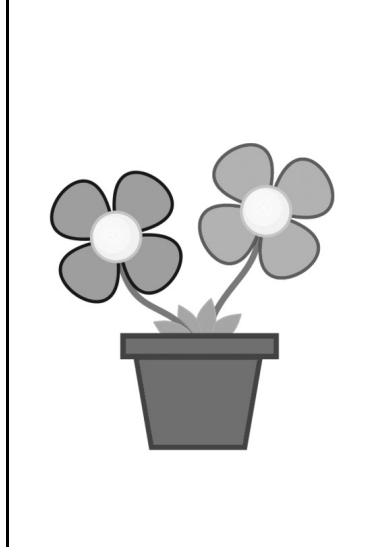
31

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)
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.)
 11:30 pm Mexican Train
 12:30 pm Penny Bingo
 12:30 pm Pitch
 12:30 pm Tap
 1:00 pm Painting Class
 1:00 pm Ping Pong

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 Schedule your Free Assessment by
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Siouxland Center


for Active Generations

Now serving in the Coffee Shop

Serving from 11:00- 12:30

Carry-out available

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joes Pasta Salad	3 Taco Casserole Spanish Rice	4 Hamburger Steak Mashed Potatoes & Gravy Vegetable	5 Oven Fried Chicken Mashed Potatoes & Gravy Vegetable	6 Spaghetti with Meat Sauce Garlic Bread
9 Goulash Garlic Bread	10 Baked Ham Mashed Potatoes & Gravy Vegetable	11 Meatloaf Mashed Potatoes & Gravy Vegetable	12 Chicken Alfredo Garlic Bread	13 Tavern Three Bean Salad
16 Cheesy Coney Dog Potato Salad Pickled Cucumbers & Onions	17 Liver & Onions Mashed Potatoes & Gravy Vegetable	18 Chicken and Noodles Mashed Potatoes Vegetable	19 Beef Casserole	20 Chef's Salad Dinner Roll
23 Oven Fried Chicken Mashed Potatoes & Gravy Vegetable	24 Chicken Pot Pie Salad	25 Salisbury Steak Mashed Potatoes & Gravy Vegetable	26 BBQ Ribs Baked Beans	27 Chili Dog Potato Salad
30 Shepherd's Pie Salad	31 Beef Stroganoff	<u>\$2.00 Biscuits & Gravy</u> Wednesday's only Serving from 8-10 a.m.		Serving Daily: Mini Egg Bake w/toast & orange juice \$3.00

Centerstage Tappers

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. Feel free to just come and visit us; we love having an audience!!! **Tappers meet on Tuesdays at 12:30 p.m.**

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 and 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.

5 Fitness Benefits of Tap Dancing (Article from Silver Sneakers)

Tap dancing is a beautiful art form, but it is also a great form of exercise. It is never too late to learn.

- **Tap Dancing is a Full-Body Workout**

While the legs do the bulk of the workout, in many steps the arms are lifted above the shoulders, which strengthens and tones those muscles. This combination of arms and legs moving together elevates the heart rate, creating a good cardiovascular workout. An hour of tap dancing is thought to burn anywhere between 200 and 600 calories depending on your pace, the steps sequence and the effort used in the hour.

- **Tap Dancing Improves Balance and Posture**

A key factor in dancing, particularly tap, is balance. It is imperative to have good balance as you move from one foot to another. To effectively perform the moves, you are required to keep your weight over your feet which means using deep postural muscles, those muscles that wrap around your middle. This all helps improve your core as well as your posture and may even help flatten your stomach.

- **Tap Dancing Exercises Your Mind**

A lot of tap dancing is in the rhythm and memorization



of the steps, which keeps your mind focused, improving your mental health. As Dr. Oz explains, you have to “coordinate your body as you use your mind.”

- **Tap Dancing Adds Grace**

Just think of how beautifully these dancers move across the floor. Even boxer Sugar Ray Robinson took up dancing shoes for a short stint. After he went back to boxing, he kept the slick moves as he'd glide across the ring. The lightness you need to properly perform the steps will translate into your daily life, not to mention your improved posture.

- **Tap Dancing is Fun and Social**

The best fitness routines are fun. Tap dancing is fun! It releases endorphins that make you happy. When you find your nearest class you're sure to meet new friends. You'll move to the beat or create your own. There may be a few stray sounds, but that's part of the fun. Laugh it off and keep going. You may figure out a new beat that isn't far off. You don't have to have the poise of Gene Kelly but get up and move your feet. Enjoy the music your taps make, laugh a little and have fun! You won't even notice the calories as they burn off. You may even experience nostalgia as you think of some of the more famous tap routines. If you are looking for a new routine for fitness, tap dancing may be the perfect fit.

August Birthday Party

Our monthly birthday party will be held **Monday, August 9th at 1:00 p.m.**, in the Multi-Purpose Room. The entertainment will be provided by our very own **Center Stage Tappers**.

We'd like to thank **Countryside Health Care Center** for providing the wonderful cookies. Also, thank you to **Continental Springs Nursing Rehab & Senior Living** for the great cake, and thank you to **Courtney Ott, Assistant Professor at Briar Cliff** for the scrumptious gourmet cupcakes for June and July's birthday party.

Last but not least, we would like to thank our entertainment: **Pat, Cezar, Arianna and Robyn from Mindful Living**, for the presentation of **Interactive Metronome**; and **Jane Olson for the music** for July's birthday party! We appreciate all your support!





August 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:

- Aug 3rd..... Do You Need Solitude?
- Aug 10th.... Write About a Great Book You Read!
- Aug 17th.... Write About What Could Go Wrong!
- Aug 24th.... Write About Good Things in America?
- Aug 31st..... Write About Chores You Accomplished This Summer!

- 3. Bats turn left when they leave a cave!
- 4. Only one word ends in MT in English, Dreamt
- 5. Buttermilk contains No Butter!!
- 6. Jellyfish is made up of 95% water!!

THOUGHT FOR THE MONTH OF AUGUST

Go out into the world today and love the people you meet. Let your presence light-new light in the hearts of others. (Mother Teresa)

- Alice Reeg, Creative Writing

FACTS ABOUT THE MONTH OF AUGUST

- 1. August 1896 saw the start of the Gold Rush.
- 2. The summer of 1896 was the start of the first Olympic Games

ICE CREAM FLOAT BAR

Enjoy Floats & Friends...What a great way to spend a summer afternoon.

Our friend, Shawna with Regency Square invites you to enjoy an Ice Cream Float on Wednesday, August 18th beginning at 1:00 p.m.

Stop by her Ice Cream Float Bar here at the Center to say hi and receive a complimentary float! Then sit and mingle with your friends as you enjoy summer treat.



AARP Foundation
For a future without senior poverty.

Are you 55 years of age or older and looking for employment? Enhance your skills and find a job! Training Assignments available in your county! Must be 55+, unemployed, and meet federal income guidelines. Training pays minimum wage, 18-30 hours per week

Call 641-243-8873 for more information.

THE WHAT-IFS

Kay Reynolds 6/28/2021

All thru our lives
We are hit with the "what ifs."
They cause concern and worry
Leaving us often scared stiff.

It hinders our movements
And stagnates our thought;
Handicapping our progress
Not succeeding as I ought.

It turns us in different directions
Or often just spins us around.
Sometimes losing our balance
And leaves us high off the ground.

So let us pause and think it over
Is this the way to gain strength and win;
Or to be stuck in a rut right now
Treading water over and over again.

Don't let the What-Ifs control you
Handicapping your goals as you go;
But just keep on going in a forward direction
Gaining success and confidence, more than you know.



The Karaoke singers are having a great time singing! If you are interested in joining in on the fun, we meet Fridays from 11:00 a.m.-12:00 p.m.

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Siouxland Parkinson's Support Group

We have a Parkinson's support group that meets the 4th Monday of each month at 1 pm. It is available for our members and open to the public. All are welcome.

Take Off Pounds Sensibly (TOPS)

Summer is here, and the best time to work on taking off any of those winter pounds that we may have put on. Our weekly meetings are the heart of TOPS. If you been looking for a weight loss support group stop by our TOPS group here at the Center on **Fridays beginning at 10:00 a.m.** to see what it is all about. You might decide you 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.

Friday Dances

Our dances are scheduled on **the 2nd and 4th Fridays** of the month from **1:00-3:00 p.m.** Whether you are just listening to the 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 out to **Countryside 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 for the dances. Lastly, but not least, thank you to all the amazing bands that play here for the fabulous entertainment. We appreciate everyone's support!

Friday dances will be 1:00 p.m.-3:00 p.m., and they 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.

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

- **August 13th – "4 on the Road"**
- **August 27th – "Country Brew"**



Blood Pressure Screenings

We are happy to announce that we are resuming blood pressure screenings in August. **Sandy Kuntz** will be here from **10:00-11:30 a.m. on the 2nd and 4th Friday's beginning August 13th**, sponsored by **MercyOne**.

The UnityPoint Health volunteer that assisted here with the blood pressure screenings has retired. Currently, they are looking for a replacement to fill the 1st and 3rd Fridays. Therefore, until we hear back from Unity Point, we will not have any other Fridays scheduled.

All screenings will take place in the Large Game Room- AKA -the Bingo Room. Thank you to MercyOne for their support. *Special thanks to Sandy for volunteering her time to help our members.*

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(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 Supplement and Advantage Plan Questions

Bruce Hunkins
Independent Insurance Agent
Specializing in Medicare Advantage & Supplement plans
402-709-7314 • bahunkins@yahoo.com
See Bruce Hunkins Tuesdays
10:30 - 11:30 a.m.
Next to the Coffee Shop
Siouxland Center for Active Generations

Penny Bingo

First of all, I would like to thank everyone that is coming back to play Bingo. It is so fantastic to have our Bingo friends returning and joining us for a fun filled day of **B-I-N-G-O**.

We are missing one of our regular players who has been in the hospital. We would love to have a report on her, as everyone misses her because we are a family here.

Come play Bingo with us on **Tuesdays and Thursdays, from 9:00 a.m. – 11:30 a.m. and 12:30 p.m. – 2:15 p.m.**

You may purchase a card for 1 cent per card, and you can play up to 6 cards. We also play 2 paper card games, one game is during the morning, and one during the afternoon. Come join us for a good time had by all. *Looking forward to seeing you!* -Lola Balstand



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 **Monday's and Wednesdays at 9:00 a.m.** Come join the fun and fitness routine millions of Americans are using each and everyday.

The class is free to SilverSneakers members and \$1.00 dollar for other members that want join.

Grief Support Program

Our Grief Support Program for members is led by social worker **Jim Anderson** and clergyman **Steve Pohlman**. It is held on the **2nd Monday of the month at 9:30 a.m. in the Conference Room.**

Please know we are here for you. You don't have to go through it 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.

Whether your loss was recent or not, feel free to stop in and see what we can offer to you, or what you can offer to others from your experience.

YOU ARE INVITED TO JOIN US FOR AN INTRODUCTION TO A FASCINATING CENTURIES OLD GAME --AMERICAN MAH JONGG

When can I check out this game? You can check out Mah Jongg any **Thursday between 12:30 and 2:30 p.m.**

Where is the game room? It is the classroom between the gift shop and the library.

Who plays Mah Jongg? Girls and boys, women and men play Mah Jongg.

What is Mah Jongg? Mah Jongg or Mahj, as it is often called, is a fascinating, rummy-like game played with tiles, rather than cards. It is thought to be a variant of early card games.

The American version we play, and love did originate in China and was popularized in the United States around 1920. Today there are millions of dedicated Mah Jongg players throughout the world. A small amount of time, attention, and effort is required to master the elementary principles of the game. We will teach you to play Mah Jongg. This is a great game for keeping the brain cells functioning and is a fun game!

There is a game set for use at the Siouxland Center for Active Generations. A copy of a game card will be made available to you during introductory play. When you decide to transition to the table as a player, a \$9 official 2021 card will need to be purchased from the National Mah Jongg League. The card can be ordered for you.

Remember we will teach you to play Mah Jongg. We are looking forward to introducing you to the fun and fascinating game of Mah Jongg!

AUGUST BIRTHDAYS

Tim Bell	Nancy Ehlers	Margaret McKenna	Ralph Schroeder
John Berger	Margo Elzeini	James Mendenhall	Gene Smyser
Betty Bielski	Louis Engel	Sheldon Menin	James Soukup
Ray Blackburn	Aggie Gagnon	Ira Menin	Joanne Stephens
Kathy Bousquet	Judy Gibson	William Merritt	Bill Stewart
Jim Brehm	Beverly Graber	Russell Movall	Dorothy Swanson
Michele Brende	George Graves	Ann Mrla	Lowell Thurow
Louise Bridgett	Honey Griffin	John Nebel	Eleanor Tilton
Marlys Britton	Linda Groetken	Dewayne Nicolls	Dennis Travis
Wendell Brockman	Lonnie Gustafson	Donna Olson	Ed Tryon
Candace Broveak	Theresa Hammond	Marsha Pasker	John Turner
Marylee Brygger	Richard Hayes	William Pelchat	Pat Turner
Marilyn Chamberlain	Marilyn Hoberg	Joanne Peters	Terry Turner
Brenda Chapman	Robert Holsinger	Steven Pohlman	Mary Underwood
Linnea Clausen	Pat Johnson	Linda Popken	Lois Ward
Jacque Conrad	Grace Kavanaugh	Kay Reynolds	Debra Wentz
Kay Marie Cota	Donald Kingery	Jeanette Ricker	William Witzka
David Decora	Ruth Kingery	Kerry Ruehle	Bob Wolf
Linda Dye	Tom Kingsbury	David Sage	
	Virginia Martin	Donna Sappingfield	

Genealogy Class

Cheryl and Phyllis are happy to be facilitating the Genealogy class each month on the **2nd Friday from 10:30 - 11:30 a.m.** The topic for the **Friday, August 13th** class, will be **Individual State Research.**

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

NEW MEMBERS

JO ADAMS
 CHASE ADAMS
 GLORIA BADE
 DIANNE BOSTIC
 STEVEN CAMARIGG
 MARGARITA DERIOS
 JACK DEROSIERS
 ZENON ESTRADA
 DIANE GARDNER
 MONICA HUDSON
 MARY JUNE
 CAROLYN KELEHER
 RHONDA MENIN
 IRA MENIN
 LINDA MILES
 BARBARA NOTTO
 TOM SCHOENING
 ED TRYON
 SARAH YOUNG

WE REMEMBER

DARLENE STUSSE

MEMORIALS

For: Jeannette Beekman
 from: Susan Wollesen

For: Rose (Pope) Bocian
Katie (Pope) Codina
 from: Fred Bocian Jr.

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

Membership Information

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

Refund Information

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

DOLLAR A MONTH CLUB

May

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 | Donna Johnson | Russell Movall | Don Schultz |
| Virginia Gries | Sally Kimball | Jan Nelson | Harvey Viken |
| Sherry Evans | Mindy Krause | Kaye Plantenburg | Bob Wolf |
| Richard Hayes | Pamela Mears | George Polak | Claryce Welch |

Dollar Per Day Club

Gene Andersen	Barney Pottebaum	Emily Kowalski
Andrea & Mark Rathgeber	CNOS-Nolan Lubarski	Marc & Ellen
Dawna Zullo	Tom & Deanna Jacobs	Christofferson
Paul Gregory	Judy Seaman	Paul Zielezinski
Chris Lahn	Joe Donovan	First Premier Bank
Diana Howard	Joel Jarman	Dorine Levinee
Fouk Plumbing	Judy Peters	