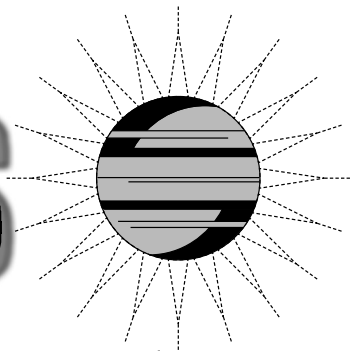


DECEMBER 2019

SUNSHINE NEWS



Telephone
712-255-1729

Number
499

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

Program Spotlight: Chair Yoga with Kaye



December's program spotlight highlights a relatively new wellness class offered here at the Center, Chair Yoga, which is led by Kaye Plantenberg. This class teaches the benefits of creating mobility in the spine, opens hips, improves overall circulation, lowers blood pressure, improves balance and flexibility, reduces stress, and creates an opportunity for social exchange. Kaye was trained in chair yoga by Silver Sneakers, and student taught in Grand Island before bringing her talent and time here to Active Generations to offer the benefits of Chair Yoga to our members. Kaye invites any members who would like to try this class to join in on **Friday mornings at 10:00 am** in the exercise room.



The Chair Yoga Class will be hosting the December Birthday Party on Monday, December 9th at 1:00 pm. Stop by and join them in celebrating the December Birthdays.

Center Initiates Annual Appeal

Siouxland Center for Active Generations kicked off its annual appeal December 1st. The Center has been providing its members life enriching programs since 1972. Building on our past programs, including health and wellness, social opportunities and education sessions, we have expanded into new opportunities for our members. "We have a long history in Siouxland, and we want to continue to provide valued opportunities that our members are requesting. We need everyone's help in sustaining our Center," stated Director Patrick Tomscha. Our Board of Directors will be hosting two annual appeal kick off sessions for our members. "Listening and answering questions on our Center is important. We want to hear from our members," said Board President Ben Oberle. All members are invited to attend these sessions. **The first one will be held Wednesday, December 4th and the second on Wednesday the 11th at 11:30 a.m.** Both will be held in the **Siouxland Hearing Healthcare Conference room.**

Center Hours

The hours for the Center are Monday -Thursday, 8:00 a.m.-6:00 p.m. unless there is a special event planned. Fridays 8:00-4:30 p.m.

- Closing at 2:00 p.m. on Tuesday, December 24th.
- Closed on Wednesday, December 25th & Thursday, December 26th.
- Open on Friday, December 27th but there will be no dance.
- Open on Saturday, December 28th from 9:00 a.m. -12:00 noon.
- CAFETERIA LUNCH SERVED ONLY ON MONDAY, DECEMBER 23RD *
- Closing at 4:30 p.m. on Tuesday, December 31st.
- Closed on Wednesday, January 1st.
- Open normal business hours the remainder of the week.
- Open on Saturday, January 4th from 9:00 a.m. -12:00 noon.



The Siouxland Center for Active Generations has a Facebook page! Our page is updated regularly with photos and announcements. You can find our page by clicking the link at www.siouxlandseniorcenter.com

facebook.com/SiouxlandSeniorCenter

the Sunshine News

A monthly publication of the
Siouxland Center for
Active Generations,
located at 313 Cook St.,
Sioux City, IA 51103
712-255-1729
Monday - Thursday
8 a.m. - 6 p.m.
Friday
8 a.m. - 4:30 p.m.

www.siouxlandcenterforactivegenerations.com

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Editor

Judy Seaman

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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.

Christmas Party

Our Annual Christmas Party will be 1:00 – 2:30 p.m. on Wednesday, December 18th. Our Chorus will entertain us. We will play some games and have some treats. Also, Santa and Mrs. Claus will be here visiting. Come and share the joy of Christmas and celebrate the season with your friends at the Center. **Please bring a \$1.00 wrapped gift for a present game and feel free to wear your Ugliest Christmas Sweater for the Ugly Sweater contest.**

Members Only (PRE-REGISTER and pay \$3.00 per person at the office by Monday, December 16th)



\$2.00 Biscuits and Gravy

On Wednesday's only.
Serving from 8 -10 a.m.
Buy coffee from
the coffee shop.

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.

Coffee & Canvas with Casa De Paz

We'd like to thank Amanda and Charley, from Casa De Paz, for bringing Coffee and Canvas with Casa De Paz, to our Center. Everyone had a great time painting!

The next Coffee & Canvas is scheduled for **Wednesday, December 11th at 1:00 p.m.** If you would like to attend, please sign up at the activities table. (Limit of 12)



Cookie Decorating

On Tuesday, December 10th at **3:00 p.m.**, Brad with Touchstone Healthcare Community will be here with all the makings to decorate cookies. Stop by and have a cup of apple cider and join the cookie decorating fun. Feel free to bring some little ones if you like.

(There will be a sign-up sheet at the activities table.)

Santa Claus is Coming to the Center

Mark your calendars for a visit with Santa Claus. Please feel free to bring the special children in your life for a visit on **Monday, December 9th from 4:00-5:30 p.m.**



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*Active Generations
Wish List*

- Cleaning cloths and dusting supplies
- Cotton candy machine
- Light weight 8-foot tables
- Tablecloth- round/oblong
- Ice cream machine
- Good quality exercise equipment
- Gift Shop items always accepted
- Holiday decorations

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 during the month of October. We thank them for their thoughtfulness.

| | | | |
|---------------------|------------------|------------------------|------------------|
| Alice Reeg | Elaine Waskow | Judy Rehurek | Miriam Clayton |
| Anita Towns | Evey Thompson | Julie Brown | Normagene Hughes |
| Ann Mrla | George Polak | Kathie Kobernus | Pat Isaacson |
| Anna Kounas | Helen Erickson | Kathy Beacom | Pat Niewohner |
| Audrey Ercolini | Irene Pyle | Kristina Yezdimer | Pharyce Eslick |
| Benita Leff | Jackie Busch | Kristine Bergstrom | Roger Brown |
| Betty Pierce | Jane Breen | Kyong Jo Hanshaw | Ron McKewon |
| Bev Hall | Jane Henderson | Lola Balstad | Rose Gilson |
| BJ Heitzman | Janette Linden | Maggie McKenna | Sally Kimball |
| Carolyn Bauer | Jeanette Hammond | Marcelle Hamm | Sharon Hanneman |
| Carolyn Henjes | Jeanette Hanson | Marilyn Haller | Sharon Murphy |
| Cathryn Thompson | Jeanie Dunbar | Marjorie Anderson | Sherry Evans |
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| Darlene Burson | Jerry Jorgensen | Mary Abraham | Toots Pittman |
| Deanna & Tom Jacobs | Joan Johnson | Mary Jane Schenkelberg | Verla Haack |
| Delores Disterhaupt | Jon Wagoner | Mary Lou Burns | Vicki Jacobs |
| Donna Vitzthum | Judy Peterson | Maureen Tague | |
| | Judy Pierce | | |

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

| | | |
|------------------------------|---------------------------|--------------------------|
| 1000 Degree Pizza | Floyd Place Senior Living | Norm Waitt Sr. YMCA |
| Bickford Assisted Living | Heritage Northern Hills | Palmer Olde Tyme Candy |
| Briar Cliff University | HyVee - Hamilton | Qdoba Mexican Grill |
| Casa De Paz | Jerry's Pizza | Regency Square |
| Continental Springs | Jimmy John's | Sioux City Public Museum |
| Nursing Rehab | Koated Kernels | Touchstone Healthcare |
| Dorothy Pecaut Nature Center | Meridian Clinical | Community |
| | | Whispering Creek |

Bronze Level Sponsors

| | | |
|--------------------|--------------------|----------------------|
| Dr. Michael Nguyen | Dr. Kensinger | S.C. Noon Lions Club |
| Dr. Espiritu | First Premier Bank | Mercy One |

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 _____

New Member Group

Siouxland Center for Active Generations hosts a monthly coffee gathering for new members. This gathering is held on the third Thursday of each month. "This is a new event for our Center", state Patrick Tomscha. "Our Board of Directors wants to make sure that new members have the opportunity to visit with other new members and hear of the many opportunities that are available." Our next coffee will be held on **December 19, at 11:00 a.m.**

Free Balance Screening

ATI Physical Therapy will be coming here on **Monday, December 16, 11:45-12:30 p.m.** Blake will be offering free balance screenings and answering any questions about physical therapy.

Round Up Time

Sandy has provided affordable high-quality meals for our members for almost four years. *Some of our kitchen equipment needs repairs and/or replacement.*

Each Friday we are asking those eating with us to consider rounding up to the next dollar. These donations will help defray our kitchen equipment costs.



If you purchase online, "Siouxland Senior Center" is now listed as a favorite charity on AmazonSmile. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support your charitable organization by starting your shopping at smile.amazon.com - log on, and select us as a favorite charity, and help the Siouxland Senior Center.

Cooking with Brad

Members, feel free to join Brad at the cooking class, sponsored by **Touchstone Healthcare Community**, here at the Center. It is always scheduled on the 1st and 3rd Tuesday every month at 3:00 p.m. You don't have to bring anything except a smile.

We would like to thank Touchstone for bringing this class to the Center. Also, thank you for the Hot chocolate and toast in November!

December's Touchstone Cooking Class schedule:

- Tuesday, December 3rd, at 3:00 p.m. – Wild Rice Soup
- Tuesday, December 17th at 3:00 p.m. – Reindeer Chow

If you plan on participating, please sign up at the activities table. (Limit is 25)



Rock Steady Boxing

The Rock Steady Boxing program enters its second month with 10 active boxers. "We continued to be impressed with our boxer's commitment to maintaining and improving their health," stated Director Patrick Tomscha. The Center will be adding additional classes in January. For more information or to join one of the classes contact Patrick.

Crafts with Floyd Place

Due to the 4th Wednesday of December being Christmas there will be no craft with Anna in December.

No worries. Anna with **Floyd Place Senior Living** will be back on the schedule on the 4th Wednesday at 1:00 in January. **Thanks for an amazing year of crafts!**

Yoga with Amanda

Amanda will not be here to instruct the Yoga with Amanda class, until Tuesday, January 14th, 2020. Feel free to use Yoga tapes for the class until Amanda returns on January 14th.

Get Your Raffle Tickets Now!!

We are raffling a beautiful rug, and tickets can be purchased at the front desk. Chances are 1 for \$1.00 or 6 for \$5.00.

The drawing will be held on **Friday, December 20th** at the dance. You do not have to be present to win, but we would enjoy having you at the dance.

Christmas Sock Exchange

Each person that attends brings a new pair of Christmas socks containing one or more small gifts, a funny gag gift, small goodies, or a useful little item may be put inside of either cute fashionable or warm and fuzzy Christmas Socks. As with any gift swaps, the best gifts are often the ones that are cute, festive, funny, homemade and /or unusual. If you can find something that fits that description and fits inside a sock, you're in luck. You can even tie a ribbon around the pair of socks. If you would like to participate in this fun **Christmas Sock Exchange on Friday December 13th at 10:30 a.m. please sign up at the activities table. Let's have some fun and knock some socks off!**

Ho Ho Ho!

Give the Gift that Keeps on Giving.

Looking for that perfect gift for that hard to buy for adult? Don't know what to get your parents for Christmas? What do you give someone who has everything? You can give them all the gift of fitness, education, socialization, and fun by giving your friends and loved ones an Active Generations membership. You can also give gift certificates for lunch and the dance. See Jan for details!



Christmas joy warms the heart

Join Vivian Miller our Mixed Media Artist



Thank you, Vivian, for taking time out of your day and facilitating a Christmas project in November. Our members made some adorable creations.

She will be giving members another chance to do a fun Christmas decoration on **Thursday, December 5th from 1:00-2:30 p.m. COME & PLAY.** Sign up at the activities table. (Limit is 25).



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Wednesday, December 11th • 1:30 to 3:30 p.m.
(in our Independent Living Building)
Pick Up at Senior Center (Sign up Minimum 3 People)
Pick up at 12:30 p.m. return by 3:30 p.m.

Call 712-239-9402 for more information!

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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 December, 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

| | | | |
|--------------------|---------------------|------------------|----------------------|
| SANDI BARON | HARLEY ENGELDINGER | CHRIS JENSEN | CHARLOTTE PATTEN |
| JOHN MIKE BEESON | WILLIAM FLORY | CARLA JOHNSON | KURT RIEMER |
| LINDA BEESON | PEGGY FOULK | JERRY JORGENSEN | ELLEN RYAN |
| PHYLLIS BENNETT | DONALD FRIEDRICHSEN | DONALD KINGERY | MARY JEAN SCHNEIDERS |
| DIANNE BERTRAND | CAROL GALL | RUTH KINGERY | MARY HELEN SIEVERS |
| MICHAEL BRANDHAGEN | ANDY GALL | DON KUMM | WILLIAM SIEVERS |
| LISA (MARY) COX | KAREN GLOVER | ROBERT LEE | SHEILA SOGGE |
| DANNY DEAVULT | PATRICK HALLIGAN | SUZANNE LUNDGREN | LINDA SYDOW |
| JANNETTE DOMAYER | BETH HARMS | BARB MEIER | CLIFFORD TAGUE |
| TRISHA DREES | DON HARTMAN | KARLIE MOBLEY | ANITA TOWNS |
| WAYNE EHRET | SHIRLEY HENDERSON | LORENE MOYSE | CLARYCE WELCH |
| JUANITA EHRET | PRISCILLA JACKSON | ARLENE NYREEN | |

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. 3rd.... I Remember

Dec. 10th... Write about Iowa

Dec. 17th... Memories of Santa

Dec. 24th... Write about a Christmas Book or Movie

Dec. 31st.... Write about New Year's Eve

DECEMBER THOUGHTS, AND FACTS:

1. Winter begins December 21st.
2. Dec. 6th, the feast day of St. Nickolas evolved into Santa Claus
3. Dec 11, 1961, #1 Hit, "Please Mr. Postman", by the Marvelettes
4. The first artificial Christmas Tree was made in Germany, of goose feathers and dyed green.
5. Dec. 1934, song, "Winter Wonderland," (Bernard-Smith) Words: "Sleigh bells ring, are you listening, In the lane, snow is glistening, A beautiful sight, We're happy tonight.... etc.

6. Dec. 24th, The birth of Jesus is celebrated in the Western Christian Churches.
7. Dec. 1992, The Muppet Christmas movie was released.
8. December, Traditions of spray cans of fake snow and tinsel will soon be forgotten.

WANTED: I'M LOOKING FOR A HOUSE SAID THE LITTLE BROWN MOUSE, WITH: ONE ROOM FOR BREAKFAST, ONE ROOM FOR TEA, ONE ROOM FOR SUPPER, AND THAT MAKES THREE. ONE ROOM TO DANCE IN, WHEN I GIVE A BALL, A KITCHEN AND A BEDROOM, SIX ROOMS IN ALL. (ROSE FYLEMAN)

WISHING EVERYONE A SAFE AND HAPPY HOLIDAY SEASON AND MAY YOU KNOW MUCH JOY!!

- Alice Reeg, Creative Writing

See you in the Gift Shop

We have Christmas décor, glasses, serving dishes, & plates for all your party & holiday needs. Gifts items include hats and slippers, and we also have a beautiful set of William Rodgers silverware in a case with serving pieces. If you need Christmas cards, we have them 20/\$1.00.

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.

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Thankful Trees and Snowman Sock

Look at how magnificent these Thankful Trees turned out! We are thankful to Becky from **Continental Springs Nursing Rehabilitation Senior Living**, and her sister Sherry, for taking time out of their day to bring this activity to the Center for our members to do! Also, thank you Continental Springs for being the treat provider for our November birthday party!

The next activity is a **Snowman Sock: Tuesday, December 3rd at 9:30 a.m. (Limit of 20)**

If you are interested in attending, please sign up at the activities table.



December Dances

Whether you are just listening to the music, or dancing to the music, the dances are an awesome way to spend your afternoon. Please see the Calendar of Events for the schedule.

Our Friday dances start at 1:00 p.m. and they are open to the public.

Members entry fee is \$3.00, Non-Members fee is \$6.00.

We accept cash only.

- December 6th - Jerry O'Dell's Country Flavor Band
- December 13th – Country Brew
- December 20th – Ed Tryon
- December 27th – **NO DANCE**
- January 3rd – Jerry O'Dell's Country Flavor Band – New Year's Dance

If you would like to sponsor a dance or know someone who would like to sponsor a dance, please see Michelle to arrange your celebration.

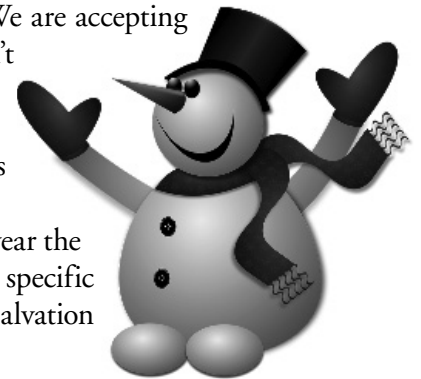


SHARE THIS HOLIDAY SEASON

Hats, Gloves, Mittens, Scarves for Children – Keep the children warm this winter. We are accepting donations of new hats, gloves, mittens, and scarves for children. Some families simply can't afford them. You may put your donation at the designated location at the center.

Canned Food Drive – Feed the hungry... Every year AG has collected and donated canned and other non-perishable food items for the holiday season. We will be collecting again this year, so please help and bring your donations to AG

Angel Tree – Help keep the Christmas season magical for a child. What's an Angel? Every year the Salvation Army fills a toy shop with gifts for children of all ages. The Angels are not tied to specific children in our community, so instead, these allow parents to come pick out toys from the Salvation Army's toy shop to fulfill their child's needs. Thank you for sharing and caring this season.



December Talk Shows at 10:30 a.m.

- Wednesday, December 4th:** “Caregiving for the Caregiver”, with Anna Heller from Floyd Place
- Wednesday, December 11th:** “Grocery Stores”, with Tom Munson from the Sioux City Museum
- Wednesday, December 18th:** “Holiday Traditions-Honoring Those We Lost”, with Care Initiative Hospice
- Wednesday, December 25th:** NO TALK SHOW -CENTER IS CLOSED
- Wednesday, December 31ST:** NO TALK SHOW -CENTER IS CLOSED

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Joseph Donovan
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Thompson Electric
Andrea Rathgeber

Paul Gregory
Tom & Deanna Jacobs
Joel Jarman
Barney Pottebaum

December 2019

Questions? Call (712) 255-1729 OPEN: Mon-Thurs.8:00 am-6:00 p.m., Friday 8:00-4:30 p.m.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>2</p> <p><u>12:30 p.m. Eastern Meditation</u></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Christmas in Graceland" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p> | <p>3</p> <p>9:30 a.m. <i>Snowman Sock with Becky from Continental Springs (Limit of 20)</i></p> <p>3:00 pm <i>Cooking with Brad "Wild Rice Soup" (1st & 3rd Tues.) Sign up -limit of 25</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Movie "Christmas in Graceland" 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p> | <p>4</p> <p>10:30 a.m. <i>Talk Show "Caring for the Caregiver" with Anna Heller from Floyd Place</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p> | <p>5</p> <p>1:00 -2:00pm <i>Open Door Time with Pat</i></p> <p>1:00 p.m. <i>Vivian Miller's Christmas Craft (Limit 25)</i></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p> | <p>6</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'dell's Country Flavor Band"</i></p> |
| <p>9</p> <p>9:30 am <i>Grief Support (2nd Monday)</i></p> <p><u>12:30 p.m. Eastern Meditation</u></p> <p>1:00 pm <i>Birthday Party (2nd Monday)</i> <i>Hosts: Chair Yoga</i> <i>Entertainment: 2nd -5th Graders with St. Paul's Lutheran School</i> <u>4:00-5:30 p.m. Santa Claus visits</u></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p> | <p>10</p> <p><u>Winter Fitness Kick Off</u> <u>See Article for Schedule of Events.</u></p> <p>1:30 p.m. <i>Karaoke with BAM (Bickford Assisted Living & Memory Care) (2nd Tues.) (Limit of 15)</i></p> <p>3:00 p.m. <u>Cookie Decorating with Brad from Touchstone</u></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p> | <p>11</p> <p>10:30 a.m. <i>Talk Show "Grocery Stores" with Tom Munson from Sioux City Public Museum</i></p> <p>1:00 p.m. <i>Genealogy Class (2nd Wed.)</i></p> <p>1:00 p.m. <i>Coffee & Canvas with Casa De Paz (Sign up -limit of 12)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p> | <p>12</p> <p>1:00 -2:00pm <i>Open Door Time with Pat</i></p> <p>1:30 p.m. <u>Hanger Snowflake (Limit of 10)</u></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p> | <p>13</p> <p><u>10:30 a.m. Christmas Sock Exchange</u></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Country Brew"</i></p> |
| <p>16</p> <p>11:45-12:30 p.m. <i>Free Balance Screening with Blake from ATI Physical Therapy (3rd Monday)</i></p> | <p>17</p> <p>3:00 pm <i>Cooking with Brad "Reindeer Chow" (1st & 3rd Tues.) Sign up -limit of 25</i></p> <p>4:00 p.m. <i>Alzheimer's Support Group (3rd Tuesday)</i></p> | <p>18</p> <p>10:30 a.m. <i>Talk Show "Holiday Traditions-Honoring Those We Lost" with Care Initiatives Hospice</i></p> <p>1:00 -2:30 p.m. <u>Christmas Party—(PRE-REGISTER By Monday, December 16th & PAY \$3.00) Members Only</u></p> | <p>19</p> <p>11:00 a.m. <i>New Member Coffee (3rd Thursday)</i></p> <p>12:00 -12:30 p.m. <u>Christmas Caroling</u></p> <p>1:00 -2:00pm <i>Open Door Time with Pat</i></p> | <p>20</p> |

| | | | | |
|---|--|--|---|--|
| <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "A Veteran's Christmas" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p> | <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p> | <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am <u>Open Jam Session-Cancelled</u> 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm <u>Walking off the Pounds-Cancelled</u> 3:00 pm <u>Fitness with Kelly -Cancelled</u> 5:00 pm Belly Dancing Class</p> <p>DO TO THE CHRISTMAS PARTY TODAY....MANY ACTIVITIES ARE CANCELLED</p> | <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) <u>Off</u> 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) <u>Off</u> 11:00 am Line Dance - (Advanced) <u>Off</u> 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p> | <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm <u>Christmas Karaoke</u> 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Ed Tryon"</i></p> |
| <p>23 <u>12:30 p.m. Eastern Meditation</u> 1:00 p.m. - (4th Monday) NO Parkinson's Support Group - Returning JANUARY 27TH.</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Christmas Under Wraps" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p> | <p>24 CLOSING AT 2:00 P.M. TODAY</p> <p>8:30 am Penny Bingo <u>8:30 am Enhance Fitness w/YMCA-CANCELLED</u> 9:00 am Yoga with Amanda <u>9:30 am Painting Class-CANCELLED</u> 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole <u>11:30 am-12:30 pm Cafeteria Closed</u> 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train <u>1:00 pm Painting Class-CANCELLED</u> CLOSING AT 2:00 P.M. TODAY</p> | <p>25 CLOSED FOR CHRISTMAS...</p>  | <p>26 CLOSED FOR CHRISTMAS- Reopening on Friday, December 27th</p>  | <p>27</p> <p><u>8:30 am Enhance Fitness w/YMCA-CANCELLED</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke <u>11:30 am-12:30 pm Cafeteria Closed</u> 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm NO DANCE</p> <p>"NO DANCE"</p> |
| <p>30</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Hope Springs" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p> | <p>31 CLOSING AT 4:30 P.M. TODAY</p> <p>8:30 am Penny Bingo <u>8:30 am Enhance Fitness w/YMCA-CANCELLED</u> 9:00 am Yoga with Amanda <u>9:30 am Painting Class-CANCELLED</u> 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train <u>1:00 pm Painting Class-CANCELLED</u> 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) CLOSING AT 4:30 P.M. TODAY</p> | <p>January 1, 2020 CENTER IS CLOSED HAPPY NEW YEAR!</p>  | | |

Siouxland Center

for Active Generations

Homemade food prepared by Sandy Welch

Meals are \$5.25

All Meals include choice of beverage and salads

Serving from 11:30 – 12:30 Carry-out available

December 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert | 3 Meatloaf Baked Potato Vegetable Dessert | 4 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert | 5 Pork loin Mashed Potatoes & Gravy Vegetable Dessert | 6 Chicken & Broccoli Soup Ham Sandwich Dessert |
| 9 Goulash Garlic Bread Dessert | 10 Vegetable Beef Soup Ham Salad Sandwich Dessert | 11 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert | 12 Turkey Dinner Mashed Potatoes & Gravy Vegetable Dessert | 13 Chili Dogs Tator Tots Dessert |
| 16 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert | 17 Beef and Noodles Vegetable Dessert | 18 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert | 19 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert | 20 Spaghetti with meat sauce Garlic Bread Dessert |
| 23 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert | 24 CAFETERIA CLOSED COFFEE SHOP OPEN | 25 CENTER CLOSED MERRY CHRISTMAS | 26 CENTER CLOSED | 27 CAFETERIA CLOSED COFFEE SHOP OPEN |
| 30 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert | 31 Fried Chicken Sandwich Tator Tots Dessert | Jan.1 CENTER CLOSED | Jan.2 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert | Menu may change with the weather |

Bridge News

December brings changes in our bridge class schedule. Diane Howard is gone for the winter, so her Thursday morning intermediate class is changed to **Monday mornings at 9:30**, where all bridge players wanting to improve their game are welcome. Kurt Riemer, our computer guru, will work his magic so that we can Skype with Diane. This worked very well last winter. Audrey Ercolini's **beginner class will continue Thursday mornings** back in the regular card room. All games will continue at usual times. Our holiday party will be December 9. We will play bridge at the Center at 12:30 where we have use of the computer and the rest of our needed stuff. Then we will adjourn to Aggie's in Sergeant Bluff for dinner and fun. Guests can join us for dinner, so we can all get better acquainted.

Christmas Caroling

Come and sing Christmas Carols with Bob, Jane, Judy, Lonnie and friends on December 19th from 12:00 -12:30 p.m. Song sheets and fun will be provided.



*Sounds
of the
Season*

Classes for Computers and Other Electronic Devices

Our computer instructor, Kristina Yezdimer, offers one-on-one Computer Classes. (She can also answer your iPad, iPod or cell phone questions.) The one-hour sessions for members are priced at \$10 per person. To schedule a class, call the Center at (712) 255-1729. *We require all classes to be prepaid.* Thanks to Kristina for her continued support.

Grief Support Program

Losing someone or something you love is very painful. After a loss, we experience all kinds of difficult and surprising emotions. While these feelings can be frightening and overwhelming, they are also normal. Accepting them as part of the grieving process, and allowing yourself to feel what you feel, is necessary to heal. Let us help you through this difficult time. The Grief Support Program for members will be held on the **2nd Monday of each month at 9:30 a.m.** This well-received monthly program is led by social worker Jim Anderson and clergyman Steve Pohlman. Jim and Steve are Board members and Center members. No matter where you are in the grieving process, they will be there to reinforce you, encourage you, and help you understand.

Genealogy Class

Come learn how to trace your family back in time.

The next Genealogy Class meets **1:00 - 2:30 p.m. on Wednesday, December 11th.** In the Genealogy class for December, Cheryl Kounas will guide you in Irish research.

Bring the information you have on your family or start from scratch. Cheryl is always there to help you find your family information. Also, feel free to bring your laptop or iPad.



Recycle Your Batteries

Recycling single-use batteries is an easy way to make the world a little greener. Every battery contains some reusable material, whether rechargeable or single use. When you recycle your batteries, you help reduce soil contamination and water pollution, so keep recycling and making the world a better place! You can drop your batteries off at the Center Gift Shop to be recycled.



Movies for December: Siouxland Hearing Healthcare Room

See the Calendar for Titles

Every attempt is made to share a great movie experience with our members. We suggest you plan to review the content and nature of the movies that will be shown. If you have movie requests, please let Michelle know.

Penny Bingo

There is only one thing that I can say about the Potluck, Wow! I thank everyone for their items. We'll do it again.

Bingo meets on Tuesdays and Thursdays, from 8:30 –11:30 a.m. and 12:30– 2:30 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 with a good pay-back. One game is during the morning, and one during the afternoon. Come join us for a good time for all.



Lola Balstad

Marilyn's Sit and Sip



I had a wonderful birthday. The Friday dance was busy, and everyone loved my carrot cake! I thank you all for the cards, cake, balloons, and Doritos that I received for my birthday. I guess someone knows that I eat Doritos for my morning snack at the Center!

I had a bake sale on November 9th at The Heritage at Northern Hills and donated all the proceeds to the Center. There was a fabulous turn out and I appreciate all the patronage!

Marilyn Haller

Jam Session



Wednesday's Jam session is getting bigger and better all the time! Please join the awesome Senior Jammers on **Wednesdays from 10:30-12:00 p.m.** in the **Meridian Clinical Research** Multi-Purpose Room. Singers and instrument players welcome and feel free to dance. Come join in on the fun. Thanks for the great entertainment everyone! (No Jam Session on Wednesday, December 18 & 25th or January 1st)

Karaoke

The Karaoke singers are having a great time singing and having a blast! If you are interested in joining in on the fun, we meet in the multi-purpose room, **Fridays from 11:00 a.m.-12:00 p.m.** We will be having **Christmas Karaoke on Friday, December 20th.** Hope to see many of you there.

Classic Christmas Karaoke with BAM

We are grateful for Bickford's support and enjoy the variety of activities that they bring to the Center. Don't miss this opportunity to join Trisha and Deb, with **Bickford Assisted Living and Memory Care**, for some classic Karaoke. **Come join in on the fun on Tuesday, December 12th from 1:30 -2:30 pm.**

If you are interested in participating, please sign up at the activities table. (Limit is 15.)



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Welcome to the Library

Who is this Library Volunteer, can you guess?

Our Book Club selection for December is "Lost Roses", by Martin Hall Kelley. We will meet December 5th at 10:00 a.m. in the library.

We wish you a Merry Christmas. See you in the library.

Helen Eriksen



Eastern Meditation

Come learn how to meditate. Discover how to reduce your stress, calm your nerves, elevate your mood and deal with greater mindfulness and awareness with life's challenges. No experience is necessary. Come and meditate and experience great joy in serenity and inner joy.

We will meet on Monday, December 2nd, 9th, and 23rd at 12:30-1:15 p.m. If you would like to attend, please sign up at the activities table. (Limit 15)

Rabbi Guy

Chorus News

Here it is December already... the ending of this year. The Chorus wishes *EVERYONE at the Center HAPPY HOLIDAYS & A GREAT NEW YEAR! Health and Happiness to All!*

This is the time to be joyful, count our blessings, and cherish the moments we have. The Center is a place where MANY things happen to create joy and fun... such is the CHORUS with blissful song. *Christmas is such a fun time!*

As usual in the new year, during the cold season, the CHORUS takes a break from activities for a while. HOWEVER, our desire for NEW PEOPLE doesn't stop! We look forward to the future for great things.

Watch for new messages and chances to participate in having fun. New adventures-new friends-giving joy to others in song.

DON'T MISS THE CHRISTMAS PROGRAM. Having more male vocalists would always be a plus. We would LOVE to have a LARGE chorus. We are excited that Sandy Call has accepted the position of chorus director.

Kay Reynolds

Hanger Snowflake

We will be making a Snowflake out of clothes hangers on **Thursday, December 12th at 1:30 p.m.** **If you would like to attend, please sign up at the activities table. (Limit of 10)**



Lap Dawgs

Congratulations to all you Lap Dawgs! During the month of October, we walked a total of 10,287 laps, which is equal to 821 miles, with 54 participants that recorded their laps. Keep up the good work!

Leader of the Pack

Alzheimer's Support Group

This group is scheduled **every 3rd Tuesday of the month at 4:00 p.m.** here at the Center. All are welcome, as it is available for our members and open to the public.

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..

Sioux City Musketeers Tickets

Sioux City Musketeers announced their "Flex" Tickets - a fundraising program for Siouxland Center for Active Generations. The tickets are "flex" to be used at any regular-season game, and any seat in the house. Each ticket/seat bought through the SCAG can be redeemed, and/or changed, at the Tyson Events Center box office. Ticket prices are \$15 dollars, with \$5 being donated to our Center- Let's go Muskies!! - Contact the office for your tickets.



DECEMBER BIRTHDAYS

Capitalized names are the specially honored 90 years and above birthday group.

| | | |
|--------------------|---------------------------|-----------------------|
| Mary Abraham | Terry Hubert | Wes Ratcliff |
| Charlotte Adams | Patricia Isaacson | Joan Ratley |
| Helen Anderson | Eric Johansen | Kurt Riemer |
| Constance Bean | Wayne Johnson | Dianne Roach |
| Delores Bogenrief | Susan Jones | Larry Rowenhorst |
| Pat Bornhoft | Mary Jones | Beth Rozeboom |
| Dan Burrows | Phyllis Jordan | Betty Sampson |
| Maureen Camerer | SALLY KIMBALL | James Sands |
| Alice Card | Christy Kingdom-Knoepfler | Gayla Saxton |
| Anne Cowley | Karen Koch | Phyllis Schindel |
| Pamela Crabb | Mary Kohn | Doreen Kay Schoonover |
| Linda Craft | Elizabeth Mae Kosinski | Kathryn Schroer |
| Ron Cummings | Ruth Koster | Janet Schumacher |
| Linda Lee Deabler | David Krommenhoek | Judy Seaman |
| Martha Dirks | Carol Krumwiede | Larry Shaver |
| Jannette Domayer | Doug LaFleur | Shirley Sherman |
| Emily Domayer | Ruth Lebowich | Charles Smoley |
| Kenneth Dvorak | Joan Lee | Alice Speraw |
| Harley Engeldinger | Dennis Magden | Deb Stitt |
| Andy Gall | Dianne McCall | Michael Tew |
| Vesta Gilbertson | Pam McDermott | Phyllis Todd |
| Sandra Graser | Shirley Murren | Connie Travis |
| Paul Gregory | Gilbert Nelson | Judy Turner |
| Judy Griencewic | MaryLynne Nelson | Ron Vogt |
| Steven Grove | Jeanine Newton | Elaine Waskow |
| Colleen Guy | Joseph Nicolas | Donna Westbrook |
| Cal Hartman | Lorae Nieuwendorp | Carmen White |
| GRACE HAWKINS | Lillie Parrett | Linda White |
| Jane Henderson | Charlotte Patten | Patricia Windeshausen |
| Melanie Hickey | Linda Peete-flom | Susan Jensen Wollesen |
| Gary Hoklin | Frank Peters | |
| JOSEPH HORAK | Morey Rasmussen | |

NEW MEMBERS

DYANNE BROVEAK
 MARY BURKE
 JOHN CHASE
 DWAYNE COWAN
 FRANCES CUMMINGS
 RON CUMMINGS
 GARY DEHOFF
 WILLIAM FERGUSON
 BETTY FISHER
 DEB GIFFORD
 DEBRA HARDING
 SUZY HOUESHELL
 DAVID KROMMENHOEK
 MARIANN LEISINGER
 MICHELE LENNON
 DENNIS MAGDEN
 ARLENE MILBRODT
 SHIRLEY MURREN
 MARSHA NEFF
 SHIRLEY NELSON
 JILL ONYEBULE
 RANDY PERSINGER
 TOM PORSCHE
 BONNIE PORSCHE
 BONNIE RICHARDSON
 DIANNE ROACH
 BETH ROZEBOOM
 MARY TORDSEN
 CRAIG TORDSEN
 RON VOGT
 KEVIN WINGERT

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MEMORIALS

*IN LOVING MEMORY OF
 MARJORIE ANDERSON, A
 LIFETIME MEMBER
 AND VALUED VOLUNTEER*

From: Family and friends
 Miriam Clayton

For: Maxine

From: George Polak

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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

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.

- | | | |
|----------------------|--------------------|----------------|
| Joann Breyfogle | Mindy Krause | Dick Sams |
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