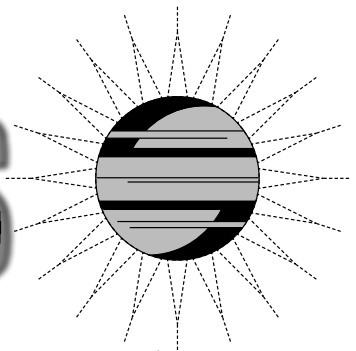


FEBRUARY 2020 SUNSHINE NEWS



Telephone
712-255-1729

Number
501

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: Knitting & Crocheting and Open Craft Time

This month, The Program Spotlight is being shared by our Knitting & Crocheting and Open Craft Time groups. They will be hosting the February birthday party.

Let's get to know the group leader, Doreen Schoonover. Doreen grew up in Sioux City, went to high school at Heelan High School, and worked for the Sioux City School System. She likes to shop, tell funny stories, and attend the Siouxland Center for Active Generations to be social and eat lunch. She won a twister contest 37 years ago in 1982, the same night she met her husband. She went over and

asked him to dance, and they have been dancing ever since! Doreen has been with the Knitting and Crocheting group for ten years, acting as the lead for 6 or 7 years. She likes to volunteer to keep active and help others. Doreen would like to encourage others to volunteer, saying, "Just try it for a few weeks, and you will get more than you give."

This group keeps busy making hats, mittens and scarves to donate to the community. The knitting & crocheting and Open Craft Time groups, in the past, have made a couple of quilts which were raffled, with the proceeds going to the Center. The groups have an average of 9-10 members that are from around the Siouxland area. Both groups enjoy knitting & crocheting and do all different kinds of projects, such as table center pieces, wreaths, knitted and crocheted animal items, scrubbies to use to wash your dishes and baby blankets, just to name a few.

People have different interests, so there is a lot of variety. They encourage you to feel free to bring what you would like to do, and maybe everyone will learn something new from one another. If you like to knit and crochet, craft, learn new things, mingle and make new friends, then come and join us. We'll have lots of fun! Stop in and learn more about the programs. They will show you how to get started and help you find another hidden talent.

Knitting and Crocheting meets every Monday morning at 10 a.m. Open Craft Time meets every Friday at 12:30 p.m. Feel free to stop by and join them at either group. *They always welcome new members. Come celebrate the February birthdays on Monday, February 10th at 1:00 pm.*



Not pictured Dee, Lois and Maggie

\$2.00 Biscuits and Gravy



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

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 Saturdays 9:00 a.m -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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Annual Dues — \$52 per Person

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



On January 6th, 2020, the Sioux City Lions Club awarded \$17,000 in Charity Grants to 14 area organizations. Among the 2019 awards was a grant issued in the amount of \$1500.000 to the Siouxland Center for Active Generations toward the health and fitness classes. We are sending out a big thank you to the Sioux City Lions Club for their support!

Valentine's Dance... Free Will Donation

The Siouxland Center for Active Generations will be hosting a Valentine's Dance on Friday, February 14th, at 1:00. Music will be provided by Ron McKewon and Triple Threat, for this free will donation dance. Couples and singles are both invited to attend. Barbara's Florals & Gifts will be providing roses and a boutonniere and Floyd Place will be providing chocolates to the couple that traveled the furthest away for their honeymoon.



Marilyn's Sit and Sip Coffee Shop News



Marilyn Haller after nearly 30 years of volunteer service to Siouxland Center for Active Generations, has decided to reduce her time in the coffee shop. Marilyn tearfully announced at the end of the year her intention. She said we will still see her from time to time but not every day. "It was hard to reduce my commitment because of the friendships I have made through the years, but I felt it was time to relax a bit," Marilyn commented.

It is hard to imagine our "Sit & Sip" not having Marilyn at the helm. Marilyn has spent countless hours baking, ordering and picking up groceries and making sandwiches to order-all for prices that everyone could afford. This past May during our volunteer banquet the coffee shop was officially named Marilyn's Sit and Sip. According to Patrick Tomscha, "We have had many community members making a difference through volunteering, serving or supporting our Center. Those commitments help make up the fabric of the Center as we know it today. A welcoming environment for all of us and our extended friends. If the Center had stone faces carved like Mount Rushmore, Marilyn would be front and center."

Our coffee shop is in need of volunteers to help keep the tradition going. If you can volunteer one or more days or even hours, please contact Michelle.

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*Active Generations
Wish List*

- You! Our Center needs volunteers to help facilitate events & programs.
- Spread the word to your friends. There's a lot to do at our Center.
- If each member asks a friend to join, we will meet our membership goals.
- Donate to the Gift shop- It helps keep us going.

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 December. We thank them for their thoughtfulness.

Alice Reeg	Doriss Parsons	Judy Pierce	Miriam Clayton
Barb Bradshaw	Elaine Waskow	Judy Rehurek	Normagene Hughes
Bev Hall	Evey Thompson	Julie Brown	Pat Niewhoner
Bob Steffe	George Polak	Karen Balstad	Paul Zielezinski
Carol Gall	Grace Kavanaugh	Kathie Kobernus	Rose Gilson
Carolyn Henjes	Helen Erickson	Kristina Yezdimer	Sally Kimball
Connie & Dennis	Jackie Busch	Kyong Jo Hanshaw	Sandi Kimpson
Travis	Jan Masteller	Linda Beeson	Sandy Kuntz
Dawn Zullo	Jane Olson	Linda Sydow	Sherry Evans
Dean Stolls	Jeanette Hanson	Lois Rohmiller	Shirley Hodges
Deb Tudehope	Jeanie Schneider	Lola Balstad	Sue Levay
Donna Carstensen	Jeanine Newton	Lynn Townley	Susan Danilson
Donna Vitzthum	Jim Chancey	Margaret McKenna	Verla Haack
Doreen Schoonover	Joanne Peters	Marilyn Haller	William Sinkbeil

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

Bickford Assisted Living	Foulk Plumbing & Htg.	Mills-Shellhammer Ins.
Casa De Paz	Heritage Northern Hills	Palmer Olde Tyme Candy
Continental Springs	HyVee - Hamilton	Regency Square
Nursing Rehab	Koated Kernels	Thompson Electric
Floyd Place Senior Living		

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.

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 _____

Continental Springs - Project



The wine glasses in January turned out very cute!



Continental Springs Nursing Rehabilitation Senior Living will be here on February 13th at 1:30 p.m. and will have a candle and a heart project. **If you are interested in attending, please sign up at the activities table. (Limit of 15)**

Bracelets with BAM

Seriously, our members had some amazing manicures from Trisha and Deb from **Bickford Assisted Living and Memory Care** last month. Their nails looked fantastic and everyone had a great time.



If you are interested in making bracelets, join us on **Tuesday, February 11th from 1:30 -2:30 pm**. Please sign up at the activities table. (Limit is 15.)

Valentine Activity

Siera with Humana will be bringing some treats and offering a Valentine activity on Thursday, February 6th at 1:30 p.m.

If you are interested in participating, please sign up at the activities table. (Limit is 12.)

Chorus News

Chorus is on break right now, but that doesn't mean we are not looking for new members. If you saw the Christmas program and enjoyed the melodies, please keep us in mind. We would love to have you join and help build our chorus this year. No one needs a "solo" voice, as we all blend into beautiful harmonies...and everyone is ready to help.

Please, CONSIDER THIS NEW ADVENTURE.

Kay Reynolds

Rock Steady Boxing

"New Rock Steady Boxers have joined our exercise program necessitating the Center to add classes. These new boxers have found out that this exercise program can be challenging, but helpful, as they fight Parkinson's disease. "I continue to be amazed at the willpower and determination seen on the boxers' faces as they endure the rigorous training program," stated director Patrick Tomscha. "These drills and stretches are not easy, and our boxers welcome expanding the limits of their muscles, coordination and endurance. It has been a fun environment; our champions like new drills that extend their abilities. Many of them are floating like a butterfly and yes, their punches are starting to sting like a bee." Rock Steady Boxing is a non-contact exercise program designed to help with muscle disorders.

If you know someone that would like to join the program talk to Patrick Tomscha at 712-255-1729.

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.



Belly Dancing

Our Belly Dancing group always welcomes new members. It is great exercise. If you would like to join them, they meet here on Wednesdays from 5:00-6:00 p.m. Expect to have fun!

February Talk Shows at 10:30 a.m.

- Wednesday, February 5th:** "Using Technology to Aid in Caregiving" with Kristin from Visiting Angels.
- Wednesday, February 12th:** "Smiling for Prizes" with Sarah Te Slaa-Morgan with Camp High Hopes.
- Wednesday, February 19th:** "To Be Determined".
- Wednesday, February 26th:** "Winter/Spring Birds" with Theresa Kruid from Dorothy Pecaut.

Vet to Vet Cafe

Tuesday, February 18th • 9:30-10:30 a.m.
Siouxland Center for Active Generations

All Veterans are invited to an informal setting for a light breakfast in the company of each other. They are free to share stories and listen to others. Veterans will be available to provide Welcome Home Ceremonies to veterans of the Vietnam War. Representatives from the Veteran Center will be available to answer questions about resources and any other veteran-related topics.



If you plan on attending, please sign up at the activities table. Join us and get to know more of your fellow veterans!

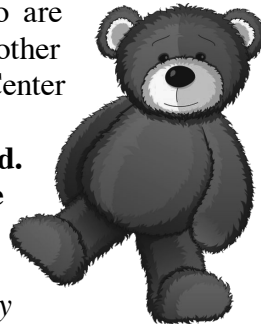


Questions, please call Jane Metz with Hospice of Siouxland at 712-233-4112.

Bear Drive

The Ruehle family will be collecting stuffed animals, February 1st – 29th, to donate to children in the Siouxland area. This is the seventh collection In Memory of Mike "Bear" Ruehle. Since 2014, we have collected over 3000 stuffed animals to donate to children who are going through a crisis in their lives. Bears, along with other stuffed animals, may be dropped off at the Siouxland Center for Active Generations.

*** All items must be new and have the tags attached. This is required by the hospitals since many of these children have compromised immune systems.**
Thanks in advance for your generosity.



~Kerry Ruehle and Family

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February Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of February with possible dues due this month. Please stop in my office and we can check your due date. **This is not a naughty list!** To those of you on the list that have already paid, my apologies!! Thanks! Jan Green, Membership Coordinator

- | | | | | |
|------------------|--------------------|--------------------|------------------|--------------------|
| CHARLES ANDERSEN | SONJA KAY ERICKSON | TERESA JOHNSON | DONALD NAYLOR | JERRY SWARTZ |
| GAIL ANKRUM | SHARON GEORGESON | LINDA KING | GILBERT NELSON | MARY SWENSON |
| JEB ARCHER | JOHN GIBSON | KAREN KOCH | JEANINE NEWTON | MICHAEL TEW |
| JAN ASHMORE | LEAH HAAFKE | SHARLENE | RHONDA NOBIS | DUANE THOMPSON |
| SUSAN BATIEN | BOOTS HALL | KRUSEMARK | JUDITH PIERCE | SARA TOMSCHA |
| HOPE BENTON | DAWN HEATON | WILLIAM KRUSEMARK | ANDREW ROBAK | BARBARA VERSCHOOR |
| MACHELL BINGEN | B.J. HEITZMAN | ALICE LADE | LLOYD ROHMILLER | GEORGE VINSON |
| LYNN BLOMBERG | DICK HEITZMAN | DENNIS MARTIN | RONALD ROSENBAUM | JAMES WALSH |
| THOMAS BRUNKAN | LILA HENKE | ANDREA MARTIN | TAMARA ROSENBAUM | LORI RENAE WATTS |
| THOMAS BUTLER | CATHY HERRIG | MARLYS MAURER | ROY SAMPSON | GERRY (GERAL DEAN) |
| LINDA CRAFT | THOMAS HILDEBRAND | PAUL MAURER | DON SCHULTZ | WELCH |
| JERRY CROSSLAND | SHARON HOBART | RON MCKEYON | MARY JANE | GARY WENELL |
| JEAN DARNELL | MIKE HOLBROOK | PAMELA MEARS | SHANAHAN | CARMEN WHITE |
| RAYMOND DEABLER | SUE HUBERT | WAYNE MEDINA | LARRY SHAVER | JENNIFER WILSON |
| MARY DEROOS | TERRY HUBERT | H ELAINE MEYER | GLORIA STINTON | NICK ZARKOS |
| KATHLEEN | CAROL HUGHES | JAN MILLER | ED STITT | |
| DETERMANN | DEANNA LEE JACOBS | MARYJEAN (JEANNIE) | DEB STITT | |
| BART ENRIGHT | THOMAS JACOBS | MYCKA | SHARON STROM | |

Cooking with Brad

Members, feel free to join the cooking class, sponsored by **Touchstone Healthcare Community**. 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 appreciate Brad and Touchstones support!

Here is the February schedule:

- February 4th at 3:00 p.m. – BLT Deviled Eggs
- February 18th at 3:00 p.m. – Cold Chicken Taco Salad

If you plan on attending, please sign up at the activities table. (Limit is 20)



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. Patrick Tomscha states, "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 **Thursday, February 20th at 11:00 a.m.**

Movie Time

Tuesday, February 25th at 3:30 p.m., Brad with Touchstone will be hosting Movie Time.

You may either come by yourself, with a friend or bring special children in your life. Brad will be bringing the movie "Aladdin", popcorn, M & M's, and drinks.

If you plan on attending, please sign up at the activities table and list how many of you will be attending.



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February Creative Writing Themes

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

- Feb 4th Ground Hog Day**
- Feb 11th..... Valentine's Day**
- Feb 18th..... Write about a Person That You Admire!**
- Feb 25th..... Write about Mardi Gras celebrations**

FEBRUARY FACTS

1. February and March are month twins as they always start on the same day of the week except in February.
2. February makes a bridge--March breaks it. (Geo Herbert)
3. February's astrology signs are: Aquarius, 1/20 to 2/18 and Pisces, 2/19 to 3/20.
4. February is the only month without a full moon in common years.
5. Ground Hog Day came about because of a German superstition.
6. President's Day is in February

THINGS THAT I HAVE LEARNED:

1. Get acquainted with a good lawyer, accountant, and plumber.
2. Learn to make great chili
3. Be the first to say, "HELLO."
4. Turn off the television and phones at dinner time.
5. Show respect for police officers and firefighters.

FEBRUARY'S POEM

"One misty moisty morning,
 when cloudy was the weather,
 I chanced to meet an old man,
 clothed al in leather,
 He began to compliment,
 and I began to grin.
 How do you do?
 And how do you do?
 And how do you do again?"

- Alice Reeg, Creative Writing

Jazz Dancercise

Jazz Dancercise will now start back up on **March 2nd** rather than in February. Class will be at the original class time on **Monday's at 1:00 p.m. and Wednesdays at 11:00 a.m.**

To Our Members and Volunteers....

Please be sure to stop at the front desk computer to check in for all the activities you are attending and recording your volunteer hours. It is important for funding and to have a log of all members attendance and volunteer hours.

Thank you!

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, February 12th.** During the February Genealogy class, Cheryl Kounas will discuss Hispanic 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.



Bridge News

Alice Gross and Scott Sorensen had an exceptional 75% game in January. Their names will be in the national Bridge Bulletin magazine. Alice is one our long-time players and Scott is a very good newbie. Congratulations! Leon Koster will start a new beginning class in February. Please sign up on the clipboard at the front table if interested. Class may be Thursday mornings, but time can be flexible if needed. There is a man who expressed interest in class, but Thursday morning wasn't a good time. However, we don't have his name. We need at least four people to have a good class. We had nine tables at a recent Monday game which may be a record for a regular game. Our Monday morning class continues Skyping with Diane Howard. Beginning students in Audrey Ercolini's Thursday morning class are getting ready to play in Wednesday morning novice games. Come join us for bridge during these isolating winter months.

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Nolan & Kelly Lubarski
Diana Howard**

**Joseph Donovan
Global Foods
Thompson Electric
Andrea Rathgeber**

**Paul Gregory
Tom & Deanna Jacobs
Joel Jarman
Barney & Robin Pottebaum**

**Dr. Michael Nguyen
Carol & Thomas Houchins
Richard Boyle
Nathan Schipper**

February 2020

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
				3
3	4 <i>3:00 pm Cooking with Brad "BLT Deviled Eggs" (1st & 3rd Tues.) Sign up -limit of 20</i>	5 <i>10:30 a.m. Talk Show "Using Technology to Aid in Caregiving "with Kristin from Visiting Angels</i>	6 <i>1:00 -2:00pm Open Door Time with Pat 1:30 p.m. Valentine activity with Siera from Humana. (1st Thursday) Sign up-limit of Limit 12</i>	7 <i>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, Card Group-(Misc.) 1:00 pm Friday Dance</i> <i>Featuring "Jerry O'Dells Country Flavor Band"</i>
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 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 "Flicka" 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	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	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	8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 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	
10 <i>9:30 am Grief Support (2nd Monday) 1:00 pm Birthday Party (2nd Monday) Hosts: Knitting & Crocheting and Open Craft Time Entertainment: Tim Frankl</i>	11 <i>1:30 p.m. Bracelets with BAM (Bickford Assisted Living & Memory Care) (2nd Tues.) (Limit of 15)</i>	12 <i>10:30 a.m. Talk Show "Smiling for Prizes" with Sarah Te Slaa- Morgan with Camp High Hopes 1:00 p.m. Genealogy Class (2nd Wed.)</i>	13 <i>1:00 -2:00 p.m. Open Door Time with Pat 1:30 p.m. Candle/Heart Project with Becky from Continental Springs (2nd Thursday) Sign up-limit of Limit 15</i>	14 <i>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</i>
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<p>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>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>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>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>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, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p style="text-align: center;">Featuring "Triple Threat" Valentines Dance-Free Will Donation</p>
<p>17 11:45-12:30 p.m. <i>Free Balance Screening with Lee from ATI Physical Therapy (3rd Monday)</i></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 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 "Sweet Home Alabama" 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>18 9:30 a.m. <i>Vet to Vet Cafe with Siouxland Hospice</i></p> <p>3:00 p.m. <i>Cooking with Brad "Cold Chicken Taco Salad" (3rd Thursday)</i> 4:00 p.m. <i>Alzheimer's Support Group (3rd Tuesday)</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 "Sweet Home Alabama" 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>19 10:30 a.m. <i>Talk Show "—To be Determined—"</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>20 11:00 a.m. <i>New Member Coffee (3rd Thursday)</i></p> <p>1:00 –2:00 p.m. <i>Open Door Time with Pat</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-(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>21</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, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p style="text-align: center;">Featuring "Country Brew"</p>
<p>24 1:00 p.m. – (4th Monday) <i>Parkinson's Support Group</i></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 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 "Far From Home" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds</p>	<p>25 3:30 pm <i>Movie Time with Touchstone "2019 New Release- Aladdin"</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 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>26 10:30 a.m. <i>Talk Show "Winter/Spring Birds" with Theresa Kruid from Dorothy Pecaut</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>27 1:00 –2:00pm <i>Open Door Time with Pat</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-(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>28</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, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p style="text-align: center;">Featuring "4 On The Road"</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

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Goulash Garlic Bread Dessert	4 Pork loin Mashed Potatoes & Gravy Vegetable Dessert	5 Meatloaf Baked Potato Vegetable Dessert	6 Vegetable Beef Soup Ham Sandwich Dessert	7 Spaghetti Garlic Bread Dessert
10 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	11 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	12 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	13 Chicken Breast Rice Vegetable Dessert	14 BBQ Beef Sandwich Onion Rings Dessert
17 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	18 Pork Chop Mashed Potatoes & Gravy Vegetable Dessert	19 Tavern Tator Tots Dessert	20 Broasted Chicken Cheesy Potatoes Vegetable Dessert	21 Pork Fritter Sandwich Potato Logs Dessert
24 Beef Noodle Soup Egg Salad Sandwich Dessert	25 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert	26 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	27 Chicken Rice Casserole Dessert	28 Goulash Garlic Bread Dessert

Welcome to the Library

Did you recognize Sandy Kuntz our January volunteer?

You get to try again and guess who this library volunteer is

Our Book Club in February is reading "Lilac Girls". We will meet again in February, and the book we have chosen is "Lilac Girls" by Mariam Hall Kelley". We will meet **February 6th at 10:00 a.m.** in the library. See you in the library.



Helen Eriksen

Jam Session

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 are welcome, and feel free to dance. Come join in on the fun. Thanks for the great entertainment. everyone!



WOODCARVING AT THE CENTER FOR ACTIVE GENERATIONS

Want to try something new for 2020? It's creative and can be combined with other artistic talents. The woodcarvers are friendly and fun. Stop in and check out what's happening. Beginners are welcome. We will teach you the basics of safety and tool usage. There is no cost for the beginner to try it out.

The woodcarvers meet on Monday and Thursday afternoons from 1-3 in the craft room.

John Beeson

Lap Dawgs

Attention all Dawgs! We walked 9700 laps, for the month of December, for a total for 776 miles. Good job Pups!

Leader of the Pack

Penny Bingo

Our Christmas Potluck was a big hit, and everyone had a good time! We will have another potluck in the future.

Bingo meets on **Tuesdays and Thursdays, from 8:30–11:30 a.m. and 12:30–2:30 p.m.** Our cards are 1 cent per card, and you can play up to 6 cards. We also play 2 paper card games, one in the morning and one in the afternoon. All the money taken in from the paper games is a full payback to the winners. Come join in on the fun!



Lola Balstad

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 February: 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.*

Free Balance Screening

ATI Physical Therapy will be coming here on **Monday, February 17th, 11:45-12:30 p.m.** Lee will be offering free balance screenings and answering any questions about physical therapy

Misc. Card Group

If you like playing card games, there has been a Card Group scheduled for Fridays at from 1:00 -4:30 p.m. in the Bingo Room. Maybe you will learn a new game or meet some new friends! Feel free to come and join the fun.

Thank you from the Staff

A sincere thank you is offered to our many Center volunteers for all you have done for us in 2019. Those of you who instruct our classes, work in our coffee shop, gift shop, library or meal site, sit at the Front desk, help out at our special events, care for our beautiful plants and help with the facility itself, contribute to the monthly publication of the Sunshine News, serve on our Board of Directors, our Community Partners or to anyone that assists in another capacity here at Siouxland Center for Active Generations... We thank you from the bottom of our hearts for all your help and support! Our center would not be the wonderful place it is without your help. We appreciate absolutely everything you have done for us all year! Happy New Year 2020 and Blessings to you all!

Pat, Jan, Michelle, Courtney, Paul & Kristen

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.

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..

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.

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.



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See you in the Gift Shop

At the Gift Shop, we have a variety of items from jewelry, scarfs, glassware items such as: crystal, milk glass and depression, 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. We need cookware, jewelry, purses and flower arrangement or anything you would donate. (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

Let It Snow

I built myself a snowman
as perfect as can be.
I made him some pajamas
so he could sleep with me.
I gave him a warm blanket
and a pillow for his head.
Last night, my snowman ran away.
(But first, he wet the bed.)

Carol Kelzer

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Volunteer Opportunities

Grant Writer: Have you written grants before, or business plans, or proposals? We need someone to volunteer for just a few hours each month. Together we will identify and write grants to support programs and activities here at Active Generations. Please see Pat if you are Interested in helping Active Generations build a sustainable future.

Decorating Committee: Help keep our Center alive with the colors of the season and festive with holiday decorations. If you have a knack for design, or just love special occasions, join this fun group and decide what goes up and what comes down for seasons and holidays. Please see Michelle and get on the list for one or all the occasions to decorate.

New Programs: We know you have many talents, skills, and passions. Wouldn't it be fun to share your talents, skills, and interests with others? Who would like to champion a new group or club? Who would like to organize a new group? The possibilities are endless!

Although Pat will always be available to hear new suggestions on programs and concerns anytime, he will formally open the Finance office on Thursdays from 1:00-2:00 p.m. Please feel free to stop in and express your ideas on how to enhance our center.

February Dances

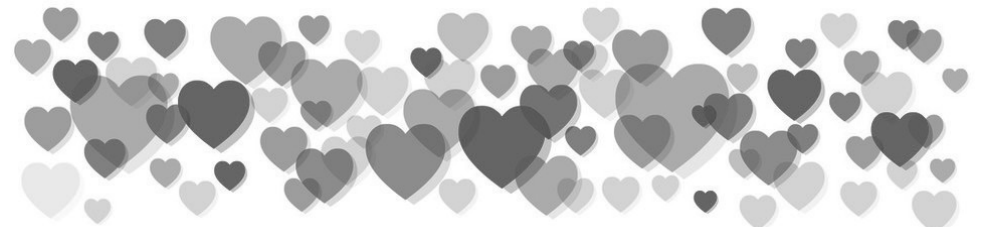
Whether you are just listening to the music or dancing to the music, the dances are a great way to have fun. They are also a great way to spend your afternoon.

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.

- February 7th Jerry O'Dell's Country Flavor Band
- February 14th Triple Threat – VALENTINES DANCE- Free Will Donation
- February 21st Country Brew
- February 28th 4 on the Road

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



Pleasant and Affordable Housing Communities for Elderly and Disabled
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Painting Classes



If you have always wanted to experience the Joy of Painting, now is your chance! You don't have to be an accomplished artist to join Ron's Painting Class. Beginners are always welcomed and encouraged to come! Painting classes are scheduled Tuesdays at 9:30 a.m. & 1:00 p.m. and Wednesdays at 9:30 a.m. As much as Ron enjoys helping others and guiding them with painting, this class is not just about painting, if you like to socialize, meet new friends & experience the Joy of Painting then you will fit right in. If you are interested in finding out more about this activity, please feel free to stop by or call Ron McKewon at 712-444-3993.

Ron guides you through painting class including:

- Mixing colors and color values
- Different types of painting surfaces
- How to prime and prepare canvas, wood panel and watercolor paper
- Demonstrations on painting techniques (how to paint trees, grass, skies, water, hills and shadows.)
- The importance of framing and matting

Centerstage Tappers

We have a lot of fun in our Tap class and we could use some new members. Even if you have never tap danced before, if you are interested, please stop by. We would love to have you be part of our Tap group. Or feel free to just come and visit us, we love having an audience!!!

Tappers meet on Mondays at 9:30 a.m. and Tuesdays at 12:30 p.m



FEBRUARY BIRTHDAYS

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

Lillie Rundall
 Gail Ankrum
 Betty Lou Baker
 Colleen Baker
 Karen Balstad
 Kathryn Beacom
 Lawrence Benne
PHYLLIS BENNETT
 Clarissa Benson
 Micheal Bjordal
 Lois Brownlee
 Ramon Choquette
 James Cody
 Rita Cooper
 Frances Cummings
 Diana Dallen
 Barbara Davis
 Robert Davis
 Jeffrey Dawdy
 Don Domayer
 Pat Ann Ellis
 Helen Foix
 Jan Foster
 Jim France
 Adam Frisch
 Eleanor Gibson
 Bill Griencewic
 Gordon Hansen
 Arlene Held
 Thomas Hendricks
 Cathy Herrig
 Sharon Hobart

Rose Hobbs
 Anna Hoover
 Judy Horn
 Daniel Hudek
 Jeanita Husted
 Wesley Jaynes
DON JENSEN
LUCILLE JOHNK
 Julia Johnson
 Katherine Johnson
 Sharon Elaine Junge
 Jan (Janice) M Kamm
 Roger Kann
 Paula Kolbet
 Sandra Kuntz
 Carla Leibrich
 Sue Levay
 Doris Lohry
 Diann Love
 Mary Madden
 Marlys Maurer
ARMAND MENARD JR
 Rita Merrill
 Sandra Miller
IRENE MOLDEN
 Judy Mullen
 Preston Nason
 Linda Nepper
 Dawn Oleson
 Damon Ooten
 Teresa Paulushik
GEORGE POLAK

Tom Porsch
 Annette Rasmussen
 Sandi Rasmussen
 Susan Richardson
 Lloyd Rohmiller
 Tamara Rosenbaum
 Evelyn Schademan
 Doris Schiltz
LUVERNE
SCHROEDER
 Ronald Schuetz
 Mary Ann Schulte
 Carol Shimitz
 William Sievers
 Judy A (Rev Dr) Smith
 Larry Steinbrecher
 Joan Stephens
 Julie Stewart
 Richard Storm
 Paul Swanson
 Charles Tarvin
 Arlyn Terpenning
 Donna Thiele
 Anita Towns
 Donna Turner
 Toby Varvais
 Marilynn Vollmecke
 Ronald Wendt
 Gary Wenell
 Karen Wilcoxon
 June Wilhelm

NEW MEMBERS

LAURIE BRITTON
JAN BURKE
JEFF BURKE
RICHARD BURKHART
JACQUE CONRAD
GENE COOK
LOUIS ENGEL
ROBERT KEAIRNS
SUE LILLA
WAYNE LILLA
STACEY PETERSEN
CAROL TREFT
BOB TREFT
DOROTHY WINTER
CATHERINA WOODSON
ERIKA WORRELL

WE REMEMBER

JACK JANSEN
JAMES NOBLE
ANDREA HOLDEN
GLORIA RYAN
MARY JEAN SCHNEIDERS

MEMORIALS

For: Betty Murtha

For: Jack Jansen

From: Miriam Clayton
 Ellen Livingston

For: Gloria Ryan

From: Miriam Clayton

For: Alan Scheffer

From: Wesley Jaynes

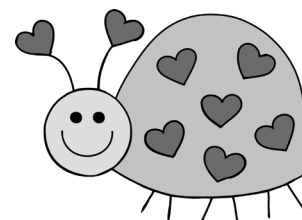
Overactive bladder?

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

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 313 Cook Street
 Sioux City, Iowa 51103
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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

December

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.

Richard Brown	Clark Kleinberg	Dick Sams
Brenda Brown	Carla Liebrich	Don Schultz
Miriam Clayton	Janette Linden	Bill Stewart
Sherry Evans	Pamela Mears	Gloria Stewart
John & Sandy Graser	Darla Miller	Harvey Viken
Virginia Gries	Michael Montgomery	Bob Wolf
Richard Hayes	Russell Movall	Claryce Welch
Arlene Held	George Polak	Erika Worrell
Sally Kimball	Vickie Porter	