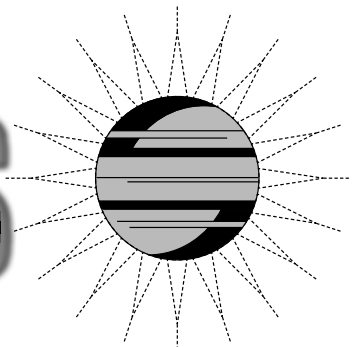


JANUARY 2020

SUNSHINE NEWS



Telephone
712-255-1729

Number
500

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: Creative Writing

The Creative Writing Group is a fun-loving, clever, inspirational, and non-critical group of people. They write about all subjects covering their own interests and experiences, and gain from each other's wisdom, insight and encouragement. This program isn't about professional writing, it's more about sharing your thoughts and writings with the members in the group and having fun. This group is led by Alice Reeg, and although there is a theme for each week to write about, feel free to choose your own topic or just come and listen to the stories told by others. All are welcome and invited to join a fun group!

Creative Writing meets every Tuesday morning at 10 a.m.

They will be hosting the January Birthday Party on Monday, January 13th at 1:00 pm. Stop by and join them in celebrating the January Birthdays.



Not pictured, Jane, Rita and Bob

Center Initiates Annual Appeal

Siouxland Center for Active Generations is certainly one of our community's diamonds. Our Center adds to the quality of life for Siouxland by offering Wellness, Social, and Educational opportunities for our members to enjoy all year round. The Center operates without Federal, State or City sustaining funds. Your support is necessary to keep up our programs and building safe and comfortable. This past December our Board initiated our annual appeal. Please think about including us as you give to charitable organizations. Your gifts are tax deductible and 100% of your gift will stay in our community and be used for the benefit of our members.

\$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.

Free Balance Screening

ATI Physical Therapy will be coming here on **Monday, January 20th, 11:45-12:30 p.m.** Lee will be offering free balance screenings and answering any questions about physical therapy



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

Contact us about advertising
in the Sunshine News

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

Crafts with Floyd Place

Anna will be here on **Wednesday, January 22nd at 1:00 p.m.**, and members attending will have the pleasure of painting a Snowman canvas. **If you are interested in participating, please sign up at the activities table. (Limit is 15.)**



Manicures with BAM

In December **Bickford Assisted Living and Memory Care** brought Christmas Karaoke to the Center and the members that attended had a wonderful time!



Come join in on the fun on

Tuesday, January 14th from 1:30 -2:30 pm for manicures.

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

Heritage Hobbies

What an enjoyable time our members had making beautiful Mason Jar Candles with **The Heritage at Northern Hills**.

The next scheduled event is on **Monday, January 20th at 3:30 p.m.**

If you would like to join Jeana and Justine for a fun filled time making personalized coffee mugs, **please sign up at the activities table. (Limit of 15.)**



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", states 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 **Thursday, January 16th at 11:00 a.m.**

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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 November. We thank them for their thoughtfulness.

Alice Reeg	Donna Carstensen	Judy Rehurek	Richard Brown
Anna Kounas	Donna Vitzthum	Judy Schutt	Sally Kimball
Arlene Milbrodt	Doreen Schoonover	Julie Brown	Sandi Kimpson
Audrey Ercolini	Elaine Waskow	Karen Balstad	Sharon Hanneman
Benita Leff	Evey Thompson	Kathie Kobernus	Sherry Evans
Bev Hall	G. Kavanaugh	Kristina Yezdimer	Sioux City Retired Educators
Candace Broveak	George Polak	Kristine Bergstrom	Sue Levay
Carol Kelzer	Helen Erickson	Kyong Jo Hanshaw	Sweet Repeats Flea Market
Charles Tarvin	Jack Breen	Larry Carter	Teresa Johnson
Charlotte Adams	Jan Masteller	Leo Thornton	Terri Stolpe
Connie Rathgeber	Jane Henderson	Lisa Cox	Toots Pittman
Darlene Burson	Janette Linden	Lola Balstad	Whitfield United Methodist Church
Dawn Zullo	Jeanette Hanson	Marilyn Haller	Wyman Anderson
Deanna & Tom Jacobs	Jim Chancey	Miriam Clayton	
Delores Disterhaupt	Jon Wagoner	Pat Johnson	
Diane Kenowith	Judy Pierce	Pat Windeshausen	

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

Bickford Assisted Living	Heritage Northern Hills	Qdoba Mexican Grill
Casa De Paz	HyVee - Hamilton	Regency Square
Continental Springs	Koated Kernels	Touchstone Healthcare Community
Nursing Rehab	Palmer Olde Tyme Candy	Whispering Creek
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 _____

Young at Heart Line Dancers

Happy New Year to all, from the Line Dancers!!! We have had a very good 2019. We're so happy and proud to have started a new beginning class as of last April. Arlene Held, their teacher, reports they are doing very well. So excited to have such a big class interested in line dance, as it is very good exercise and you meet the nicest people. Arlene and I have been dancing and teaching together for 30 years in February. Lila Henke, my other teacher, and I have been ballroom and line dancing together for about 20 years.

We had our Christmas party, Thursday, December 12th with everyone bringing food. Great cooks, as well as great dancers. After our Christmas party we took our annual two-week vacation from December 13th to January 2nd and are now ready for another great year!

Sally Kimball

Coffee & Canvas with Casa De Paz

We'd like to thank Casa De Paz, for bringing Coffee and Canvas with them to our Center. Amanda does a great job directing and our members have a great time painting with her! Also, thank you for the reindeer chow.



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 January schedule:

- January 7th at 3:00 p.m. – Fruit Pizza
- January 21st at 3:00 p.m. – Salmon on a Bed of Asparagus

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

Thank you, Touchstone Healthcare Community for the cookie decorating fun!



Rock Steady Boxing

“Increased interest in the Rock Steady Boxing program has necessitated additional classes starting in January”, stated director Patrick Tomscha. The response has been steady with over 20 different boxers observing or participating in the classes. According to Tomscha, “We are always incorporating new exercises to help our boxers’ balance, strength and mobility and our boxers welcome the new challenges.” The Nationally affiliated program has been featured on three news stations and the Sioux City Journal. For more information or to sign up for classes contact Patrick Tomscha at the Center, 712-255-1729.

Sponsored Dance

Briar Cliff University will be sponsoring a dance on **Friday, January 10th**. The Briar Cliff University service-learning students, from the CORE 101 (Franciscan Life) and the first year Academic Advisors, will be here so save a dance for them. Maybe you can teach each other a few steps. Enjoy the afternoon as you kick up your heels to the tunes performed by **Triple Threat**.

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.*

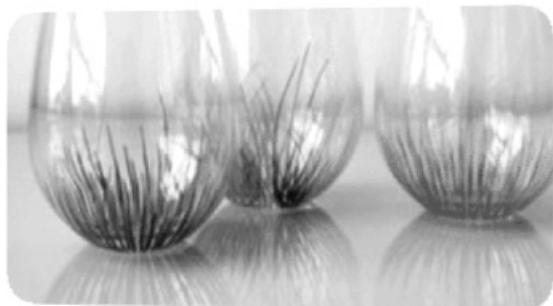
Each Friday we are asking those eating with us to consider rounding up to the next dollar. These donations will help defray our kitchen equipment costs.



Continental Springs Project

Look at how adorable the sock snowmen turned out that our members created with **Continental Springs Nursing Rehabilitation Senior Living!**

The next activity is a **Glassware project:**
Thursday January 9th at 1:30 p.m.
If you would like attend, please sign up at the activities table. (Limit of 15.)



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January Talk Shows at 10:30 a.m.

- Wednesday, January 1st:** NO TALK SHOW -CENTER IS CLOSED
- Wednesday, January 8th:** “Benefits of Pre-planning Services” with Kelly from Christy-Smith Funeral Home
- Wednesday, January 15th:** “Tablet Movie Making 101” with Tom Schoening from Sioux City Camera Club
- Wednesday, January 22nd:** “Restaurants” with Tom Munson from the Sioux City Museum
- Wednesday, January 29th:** “Your Best Self” with Judy Stanton with Senior Lifestyle Advantage

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January Yearly Membership Anniversaries

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

JIM ADKINS	SHERRY CRAIG	HAROLD HEIDEN	DORIS LOHRY	EDDIE SHORES
JIM ANDERSON	DOROTHY CRIM	CAROLE HEIDER	BILL LYLE	ANDREA SHORES
RICHARD ANDERSON	DEAN DANILSON	ARLENE HELD	MURIEL LYLE	DAVID SILVERBERG
PEGGY ANDERSON	BARBARA DAVIS	JANE HENDERSON	JERRY MADISON	DAVID SMITH
MARK BAHMER	BOB DAVIS	MARILYN HOBERG	LISA MARTINDALE	JUDY A (REV DR) SMITH
MAE BARRON	DIANA DEROCHE	GREG HOFLING	JIM MCELHANY	MICHAEL A REV SMITH
KRIS BENGFORD	MARILYN DERMIT	BRUCE HUNKINS	MICHAEL MONTGOMERY	CHARLES SMOLEY
VICKY BENTSON	PAM DILLON	BARBARA JACOBSON	DAVID MOOK	SCOTT SORENSEN
CLAUDIA BLENDERMAN	ELLEN DIRKS	BONNIE JONES	MARYLYNNE NELSON	ESTHER SORENSEN
COLLEEN BOCHMANN	MARGO ELZEINI	CHARLES KANABY	DIANE NERI	DEAN STOLL
HARVARD BOMGAARS	DAVE EVANS	SHAREN KANN	DEWAYNE NICOLLS	MARG SWANSON
JULIE BROWN	JAN EVANS	ROGER KANN	MARY LOU NICOLLS	BOB SWANSON
JAMES BROWN	GARY FARLEY	KEN KEAIRNS	BRENDA OEHLERKING	MICHAEL SYDOW
GAIL BROWN	CARLOTTA FOX	NANCY KEAIRNS	DAMON OOTEN	ARLYN TERPENNING
MARY LOU BURNS	KIRK FRANK	CAROL KIELTY	ANNETTE RASMUSSEN	WILMA THOMPSON
LEE CHAMBERLAIN	LEROY GOEDEN	DONNA KOCH	DOROTHY ANNE RIETZ	PHYLLIS JEAN TODD
MARILYN CHAMBERLAIN	MARCIA GOEDEN	MARY KOHN	NIDIA RIOS-GONZALEZ	DELORES TOWNLY
KENT CLAU	JANICE GRAVES	CHERYL KOUNAS	ARLENE RODEEN	DOUG TUDEHOPE
KATIE CODINA	SUSIE GREEN	DARRELL	LEONA ROGERS	TOBY VARVAIS
LOWELL COOPER	ALICE GROSS	KROMMENHOEK	JOCK ROLLISON	KATHY WATKINS
RITA COOPER	LONNIE GUSTAFSON	JAMES KUHL	MARY RUSCHMANN	KAREN WILCOXON
JULIE CORNELIA	SUZANNE HALTLI	LEONARD EMIL KURTZ	TIM RUSK	PAUL ZIELEZINSKI
DARLENE COULSON	LUCIEN HAMERNIK	MARTHA LAFLEUR	KEN SCHATZ	
JOHN COWLEY	VALERIE HANSON	JOAN LEE	JANET SCHUMACHER	
JUDITH COWLEY	ROBERT HANUS	RICHARD LESTER	STEVE SHADLE	
JOANNE CRAIG	RICHARD HAYES	JODI LIEBER	CAROL SHIMITZ	

Chorus News

Hopefully, your holiday season was a joyous and blessed one. It brings out love and compassion for others so needed today in life.

We now are in a NEW YEAR 2020! Let each of us use our gifts and talents to make life better for ALL. Stay active and enjoy all the Center's activities!

Senior Chorus takes a break after the holidays. However, we all look for new music and participation in creative musical ventures. When we return in the spring, we hope you come JOIN IN FOR LOTS OF FUN AND NEW FRIENDSHIPS. Sandy Call, our Director, is doing a great job; and we thank her for her wonderful guidance!

USE THIS NEW YEAR to stay HEALTHY, ACTIVE and ENJOY EACH DAY!

Kay Reynolds

January Dances

The dances are a great way to have fun. Whether you are just listening to the music or dancing to the music, it is an awesome 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.

- January 3rd- Jerry O'Dell's Country Flavor Band
- January 10th – Triple Threat -Briar Cliff University sponsored dance
- January 17th – Country Brew
- January 24th – 4 on the Road
- January 31st – Wailin' Willies

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

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.



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January 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:

Jan. 7th..... New Year's Resolutions

Jan. 14th.... What are the challenges you face this year?

Jan. 21st..... List things that make you happy.

Jan. 28th.... Write about the "Pot is on the stove".

3. The "January Sale", was first recorded in the UK in 1865.
4. January is the coldest month in the Northern Hemisphere
5. New Year's Day is the most celebrated holiday around the world.

INTERESTING FACTS

1. It is very rare that two snowflakes are alike
2. Octopuses have four pairs of arms
3. Kleenex tissues were originally used for filter in gas masks.
4. Chocolate Milk is an effective post-workout recovery drink.
5. Mr. Potato Head was the first toy to be advertised on TV.

POEM FOR JANUARY

"The birds are gone,
 the ground is white,
 The winds are wild,
 they chill and bite,
 The ground is thick
 with slush and sleet,
 And I can barely feel my feet!"
 (Unknown)

FUN FACTS ABOUT JANUARY

1. January 3rd is when the Earth is at the point of its orbit and will be closest to the sun.
2. January zodiac signs are: Capricorn and Aquarius

**HAPPY NEW YEAR
 EVERYONE AND BE HAPPY
 ALL YEAR LONG**

- Alice Reeg, Creative Writing

Bridge News

Just because winter is here, we bridge players will hunker down and play our usual games. Monday mornings, all interested bridge players are invited to Skype with Diane Howard who is wintering in Florida. We always come away with some new gem of learning. We also have a good-sized group playing in the afternoon. The Wednesday morning novice group continues to draw new players who find it fun to play with other new players. We need more players on Wednesday afternoons as that game often is cancelled for lack of players. Audrey Ercolini will be here all winter, so the Thursday morning class for beginners will continue. We will start a new beginning class if we can find at least four people who want to learn the game. We get a good turnout for the Thursday afternoon game, but more are always welcome. Our duplicate bridge group hopes to continue to grow in the New Year.

Jazz Dancercise

We are excited to announce that Bridget is starting Jazz Dancercise back up beginning **February 3rd**. Class will be at the original class time on **Mondays 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, January 8th**. During the January Genealogy class, Cheryl Kounas will discuss family history photos.

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.



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 Per Day
 Club**

**Chris Lahn
 Koated Kernals
 Nolan & Kelly Lubariski
 Diana Howard**


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

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

Dr. Michael Nguyen

January 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
		<p>1 <i>Closed</i></p> 	<p>2 <i>1:00 -2:00pm 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-(Beginner) 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>3</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>6</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 "Marley & Me" 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>7</p> <p><i>3:00 pm Cooking with Brad "Fruit Pizza" (1st & 3rd Tues.) Sign up -limit of 20</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>8</p> <p><i>10:30 a.m. Talk Show "Benefits of Preplanning Services" with Kelly from Christy-Smith Funeral Home</i> <i>2:00 p.m. Genealogy Class (2nd Wed.)</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>9 <i>1:00 -2:00pm Open Door Time with Pat</i></p> <p><i>1:30 p.m. Glassware with Continental Springs (2nd Thursday) Sign up-limit of Limit 15</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>10</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 "Triple Threat- BCU Sponsored Dance"</i></p>
<p>13</p> <p><i>9:30 am Grief Support (2nd Monday)</i> <i>1:00 pm Birthday Party (2nd Monday) Hosts: Creative Writing Entertainment: Noah Hall</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</p>	<p>14</p> <p><i>1:30 p.m. Manicures with BAM (Bickford Assisted Living & Memory Care) (2nd Tues.) (Limit of 15)</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</p>	<p>15</p> <p><i>10:30 a.m. Talk Show "Tablet Movie Making 101" with Tom Schoening from Sioux City Camera Club</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</p>	<p>16</p> <p><i>11:00 a.m. New Member Coffee (3rd Thursday)</i> <i>1:00 -2:00pm 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-(Beginner) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch</p>	<p>17</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</p>

<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 1:00 pm Friday Dance</p> <p style="text-align: center;">Featuring "Country Brew"</p>
<p>20 11:45-12:30 p.m. <i>Free Balance Screening with Blake from ATI Physical Therapy (3rd Monday)</i></p> <p style="text-align: center;"><i>3:30 pm Heritage Hobbies "Personalize Coffee Mugs" (3rd Monday –every other month) Sign up –limit of 15</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 "The Help" 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>21 3:00 pm <i>Cooking with Brad "Salmon on a Bead of Asparagus" (1st & 3rd Tues.) Sign up –limit of 20</i></p> <p style="text-align: center;"><i>4:00 p.m. Alzheimer's Support Group (3rd Tuesday)</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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>22 10:30 a.m. <i>Talk Show "Restaurants" with Tom Munson from the Sioux City Public Museum</i></p> <p style="text-align: center;"><i>1:00 pm Crafts with Floyd Place "Snowman Canvas" (4th Wed.) Sign up –limit of 15</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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>23 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-(Beginner) 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>24</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 style="text-align: center;">Featuring "4 On The Road"</p>
<p>27 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 "Eight Below" 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>28</p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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>29 10:30 a.m. <i>Talk Show "To be Determined" with Judith Stanton from Senior Lifestyle Magazine</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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>30 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-(Beginner) 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>31</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00 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 style="text-align: center;">Featuring "Wailen' Willies"</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

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED	2 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert	3 Chicken Pot Pie Dessert
6 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	7 Goulash Garlic Bread Dessert	8 Meatloaf Baked Potato Vegetable Dessert	9 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert	10 Tavern Tator Tots Dessert
13 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	14 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	15 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert	16 Broasted Chicken Mashed Potatoes & Gravy Vegetable Dessert	17 Spaghetti Garlic Bread Dessert
20 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	21 Vegetable Beef Soup Ham Sandwich Dessert	22 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	23 Chicken Breast Rice Pilaf Vegetable Dessert	24 BBQ Pork Sandwich Onion Rings Dessert
27 Chicken Noodle Soup Egg Salad Sandwich Dessert	28 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	29 Liver OR Hamburger Baked Potato Vegetable Dessert	30 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	31 Grilled Chicken Sandwich Potato Logs Dessert

Welcome to the Library

Did you figure out who our volunteer was in December? Our beautiful little girl was Doris Lohry.

You get to try again and guess who this little girl is.

Our Book Club will not meet in January. We will meet again in February, and the book we have chosen is "Lillac Girls" by Mariam Hall Kelley". We will meet **February 5th at 10:00 a.m.** in the library.

We wish you a Happy New Year. See you in the library.



Helen Eriksen

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

Penny Bingo

Well here we are into a new month and still having fun. Come join in on the fun!

Bingo plays on **Tuesdays and Thursdays, from 8:30-11:30 a.m. and 12:30-**

2:30 p.m. Our cards are 1 cent each, and you can play up to 6 cards. We also play 2 paper card games with a full payback. One game is during the morning, and one during the afternoon. Come join us for a good time for all.

Happy New Year from all of us at Bingo!

Lola Balstad



Lap Dawgs

Attention all Dawgs! We walked 10,202 laps, for the month of November, with 56 folks who participated. Good job Pups! Let's see what we can do in the New Year.

Leader of the Pack

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.



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



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 January: 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.

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



Marilyn's Sit and Sip

We have been very busy in the Coffee Shop, and I want to thank you all for your patronage for 2019!

Without all of you, we wouldn't be here.

Merry Christmas and Happy New Year!

Marilyn Haller

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.

Santa Claus and Helper



We were blessed to have Santa and his Elf helper stop by the Center for a visit in December. Some of our Members and Grandchildren had a nice time. They not only got to tell Santa what they wanted and get pictures taken, but they also had homemade cookies and candy canes to take with them. We sure are thankful for Santa and his Elf for visiting us at the Center and hope they come back next year!

See you in the Gift Shop

Visit our Gift Shop to donate, shop, or just stop in to visit for a bit. We have Christmas and other items for 50% off.

Our shelves have space for treasures you may no longer need, and we need items such as coffee cups, jewelry, and drinking cups. (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

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..

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Christmas Party Recognitions

Our Meridian Clinical Research Multi-Purpose Room was filled on Wednesday December 18th as we celebrated our annual Christmas Party. We would like to take time to thank the following businesses for their donations of food and refreshments: **Care Initiatives Hospice, Casa De Paz, Continental Springs-Nursing-Rehab-Senior Living, Floyd Place Senior Living, The Heritage at Northern Hills, Hospice of Siouxland, Hy-Vee- Hamilton, Fareway-Sergeant Rd, KRP & Co., MercyOne, Mills Sellhammer Puetz & Associates, Regency Square Care Center, Touchstone Healthcare Community, and Visiting Angels.** Thank you to **Bickford Assisted Living and Memory Care** for once again donating the gift bags distributed by Santa and Mrs. Claus.

We would also like to thank the following for the Christmas gift donations they provided: **Char Adams, Charlotte Collins, Doreen Schoonover, Dawna Zullo, Bob Roes Point After, Bomgaars, Chili's, Christy-Smith Funeral Homes, Culver's -Singing Hills, Chick-fil-A 4428 Sergeant Rd, Crave Restaurant, Alfredo's Pizza-Eastside, Famous Dave's, God Fathers Pizza, Graham's Grill & Pub, HuHot, Icky Nickel Bar & Grill, Jerry's Pizza, JOLLY TIME Popcorn, Milwaukee Wiener House, Minerva's, Papa John's, Panchero's, Old Chicago Pizza, Perkins Restaurant & Bakery, Red Lobster, Rocket Auto Wash, Scooter's Coffeeshouse, Sneaky's Chicken, Speedy Lube, and Thompson Dean Drug.**

It was great to have **Santa Claus** a.k.a. Larry Harrington and **Mrs. Claus** a.k.a. Rita Potter with us. We appreciate the visit! We thank **Active Generations Chorus** under the direction of Sandy Call, for the fantastic entertainment!

**A special thanks, to our members that volunteered and helped decorate the center, set up or assisted the day of... Charlotte Collins and Doreen Schoonover for the table decorations and other event volunteers.... Without you all, activities such as this would not be possible. Thank you for always helping when needed, you are greatly appreciated*



JANUARY BIRTHDAYS

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

Frank Audino
 Linda Beeson
 Colleen Bochmann
 Michael Brandhagen
 Maggie Brockman
 Richard Brown
 Darlene Burson
 Ruth Chancey
 Ellen Christofferson
 Kent Crandall
 Mary Cummings
 Linda Cumpton
 Diana DeRoche
 Raymond Deabler
 Danny Deavult
 Marilyn Dermit
 Homer Dewitt
 Lynn Doxtad
 Maxine Eaton
 Dave Evans
 Donna Foxhoven
 Sandy Fravel
 Donald Friedrichsen
 Karen Fry
 Carol Gall
 John Gibson
 Linda Glorfield
 Marcia Goeden
 Dixie Kaye Gors
 Carol Goulette
 Suzanne Haltli
 Beth Harms
 Carole Heider

Gary Heineman
 Shirley Henderson
 JOHN HENDRIX
 Barb Highman
 Thomas Hildebrand
 Harold Hodges
 Monica Horak
 Suzy Houdeshell
 Patty Houlihan
 Sue Hubert
 Vikki Jacobs
 JEANNETTE JOHNSON
 Teresa Johnson
 Alvin Johnson
 Joan Johnson
 Bonnie Jones
 Debbie Kappes
 Ken Keairns
 Clark Kleinberg
 Betty Klug
 Julie Kollman
 Benita Rae Leff
 John Lennon
 Elizabeth Levi
 Bayne Linden
 Neil Magnusson
 Mary Marx
 Jan Masteller
 Shirley Mattes
 Wayne Medina
 Barbara (Barb) Meier
 Bill Mrla
 Sharon Murphy

Marsha Neff
 Connie Nelson
 Mary Lou Nicolls
 Lori Nyreen
 Roberta O'Dell
 Karen Oleson
 Carol Perrin
 Judy Peters
 Judith Pierce
 Dianna Pike
 VERN RAMESBOTHAM
 Carolyn Ramsaran
 Elvin Rasmussen
 Janet Roach
 Sandra Rol
 Paul Roussin
 Mary Ruschmann
 Linda Schlotman
 Henrietta Scholten
 Eddie Shores
 Patricia Simon
 Paul Smith
 CONNIE SPAIN
 CORA STOLTZE
 RALPH THOMAS
 Donna Thurow
 Stephanie Tomscha
 Doug Tudehope
 Norma Ulmer
 Harold Ward
 Helen Wedmore
 Jeanette Wendt
 Karen Young

NEW MEMBERS

JEANNE AVERY
 KATIE BUSH
 MARY CRICHTON
 BEVERLY CRUM
 JACK DEROCHER
 SANDY DUHAIME
 VIOLET DUNCAN
 LINDA ENGEL
 DARRELL FENTON
 MARGARET FENTON
 ROSALIE MARIE HANSEN
 STEWART HARTMAN
 CINDY HOFMEISTER
 JULIA JOHNSON
 SYLVIA JOHNSON
 JOHN LENNON
 JUNE LYMAN
 EILEEN MITCHEM
 CONNIE NELSON
 DEBRA OLSEN
 DELORES PHILLIPS
 STACY PRATT
 CONNIE RATHGEBER
 KAREN SHERRILL
 ROBERTA THIELE
 ORVILLE THIELE
 EMERITA TOPETE
 DON WALTERS
 SANDY WELCH
 LEO WELCH
 PAULA WILEY

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 keyword: Bladder Health

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For: *Gerald Schulte*
 From: Ellen Livingston

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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

November

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 | Carla Liebrich | Don Schultz |
| Richard Brown | Pamela Mears | Bill Stewart |
| Brenda Brown | Kerwin Meyer | Gloria Stewart |
| Miriam Clayton | Darla Miller | Toby Varvais |
| Virginia Gries | Michael Montgomery | Harvey Viken |
| Richard Hayes | Russell Movall | John & Sandy Graser |
| Arlene Held | George Polak | Bob Wolf |
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| Clark Kleinberg | Dick Sams | Erika Worrell |