

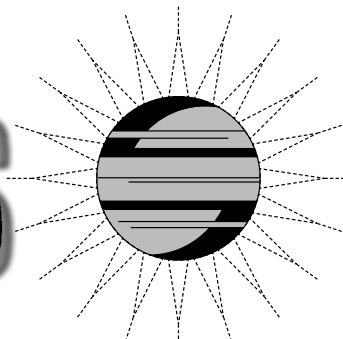
# SUNSHINE NEWS

JULY 2021

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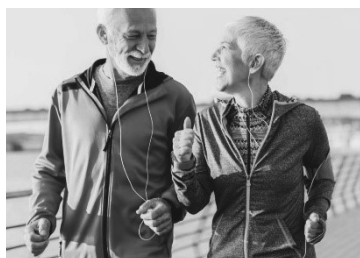


Our mission is to enrich the quality of life and support independence and vitality for our members.

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

## Active Generations Improving Quality of Life Through Exercise Programs



Marian, 87, has been active all her life. So, she wasn't prepared for what happened when she stopped going to the fitness classes during our Center's closure. "I was finding it harder to turn in bed and actually get out of bed," said Marian, "I just

wanted to lie around. I lost my desire to do things." Physically, Marian noticed that getting up out of her recliner was difficult, as was getting into and out of her daughter's car. "I've always been spiritual, so I was praying 'Lord, give me some strength.' I kind of felt, 'I'm on my way out — I'm not going to make it,'" she admitted.

Physicians, physical therapists and health providers said the prospect of increased impairment and frailty in the senior population is a growing concern. The long-term toll of the pandemic, although undetermined by studies, seems to be trending that older adults have become physically and cognitively debilitated, and less able to care for themselves during 15 months of sheltering in place. Many older adults have lost muscle mass and strength this past year and are having difficulties with mobility and balance they didn't have previously.

Local healthcare providers have seen a "tremendous increase" in falls and in the exacerbation of chronic illnesses such as diabetes, congestive heart failure and chronic obstructive pulmonary disease. Older adults can lose about 20% of their muscle mass if they don't walk for up to five days," a prominent local occupational therapy specialist stated. "And their endurance decreases, their stamina decreases, and their range of motion decreases." "Most of us got off

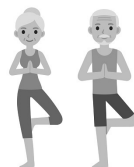
schedule during the pandemic," she explained, "and we didn't eat well, we didn't hydrate properly, we didn't move, we got weaker." Further physical health concerns include weight gains, weight losses and more depression.

Marian, 67, a member from Dakota City, put on more than 30 pounds while staying at home round-the-clock and taking care of her husband Cliff, 69, who was hospitalized with a severe case of COVID-19 in early December. Marian tested positive but had a mild case. "We were in the house every day 24/7, except when



we had to go to the doctor, and when he got sick. I had to do all the stuff he used to do," Marian said. "It was a lot of stress. I just began eating everything in sight and not taking care of myself." The extra weight made it hard to move around, and Marian fell several times after Christmas, fortunately without sustaining serious injuries.

Marian signed up for the Center's SilverSneakers fitness classes starting in June. She has been attending *Get fit with Lee and Dixie* and is feeling better. Seniors, like Marian, can benefit from rehabilitative therapies, and realize physical improvements if they get out and be active exercising in fitness classes, yogi classes, jazz dances and just social dancing. Tell a friend about our fitness classes. You might just be the spark in improving their quality of life.



### Center Hours

The hours for the Center are  
**Monday - Friday, 8:00 a.m.-2:30 p.m.**  
**CLOSED ON -**  
**Monday, July 5th for the observation**  
**of the 4th of July holiday.**

**MASKS NO LONGER REQUIRED**  
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Our Board has approved Masks as  
Optional, for our facility.  
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# the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

Contact us about advertising  
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The Siouxland Center for Active  
Generations does not condone or tolerate  
discriminatory acts or language.

## Steak Out Fundraiser Luncheon Recognition

On Thursday, June 17th, we had our Steak Out Fundraiser Luncheon. We would like to take this time to kindly thank our community partners: **Lawton Senior Living** for the drinks, and **The Heritage at Northern Hills** for the dessert donations for the luncheon. Thank you to Nissan from **Countryside Nursing Home** and Wendy from **Recover Health** for coming and donating your time to assist at the event.

We are thankful to **The Sugar Shack Bakery** and the following individuals for the raffle gift prize donations that were provided: **Board Member – Andrea**

**Rathgeber, Anna Kounas, and Pam Stephan.**

It was another great meal that was prepared by a lot of amazing people that worked hard to prep, cook, set up, serve, and clean up. Many thanks to everyone that volunteered prior to the event and the day of the event to assist in any way needed. We are grateful for you all!

*\* We very much appreciate every one that supported this event, whether attending, purchasing raffle tickets or volunteering . Without your support, events such as this would not be possible.*

## Crafts with Diana

In June, the crafters had a great time making the projects. All their patriotic clothes pin wreaths turned out amazing, and the nail polish vases were gorgeous! Way to go ladies!! Thank you to Gail for the flowers that you donated!

We have 2 classes scheduled for July. You need to bring nothing but yourself. However, you do need to sign up, and please pay the **\$2.00** fee for each class. **(Limit - 10)**

- **1:00 p.m., Tuesday, July 6th: BBQ Carry All**
- **1:00 p.m., Thursday, July 29th: Solar Light Craft**



## Jewelry with B.A.M.

Our members truly enjoy all the different activities that **Bickford Assisted Living and Memory Care** bring to the Center monthly! The Bickford ladies are great, the activities are always a fun time, and we are thankful for Bickford's support!

The July activity is **Jewelry** making with B.A.M. on **Tuesday, July 13th at 1:00 p.m.** If you are interested in attending, please sign up at the activities table. **(Limit of 15)**



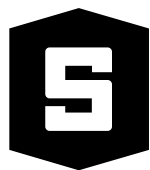


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## Chorus News

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

Also, anyone who would like to join in celebrating music, please let us know...we welcome any new members.

Music has power in numbers, for sure. *HOPEFUL THAT WE WILL GET TOGETHER SOON.*



## 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



## Trail Blazers Walking Group

The Trail Blazers walking group should reach the Oregon state line by July 4th after walking over 800 miles starting at San Diego! Our feet are walking in Sioux City while our imaginations are hiking the coast of California!

We also enjoyed a walk at Riverside Park on June 4th. Our next outdoor walk will be sometime in September. Check the August newsletter for details.

During July and August as we walk, we will enjoy pictures of scenic Iowa on the T.V. in the hallway corner.

## Remember the Senior Center

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

*Your friends will appreciate your thoughtfulness.*

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

**Siouxland Center for Active Generations Investment Fund**

313 Cook Street • Sioux City, Iowa 51103

Name \_\_\_\_\_

Address \_\_\_\_\_

# Gifts & Donations

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

Alice Reeg	Jacobs	Joan Johnson	Roger & Bobbie
Andrea Rathgeber	Delores Disterhaupt	Judy Peterson	Friessen
Anna Kounas	Don & Rosalie	Judy Rehurek	Rose Wolfe
Barb Doren	Horsted	Judy Seaman	Sally Kimball
Barbara Frey	Doreen Schoonover	Kyong Hanshaw	Sandi Kimpson
Benita Rae Leff	Doris Lohry	Leona Rogers	Sharon Junge
Bev Hall	Dorothy Swanson	Lola Balstad	Sharon Lillie
Carol Gall	George Polack	Maggie McKenna	Sherry Evans
Carol Kelzer	Girls of '68	Normagene Hughes	Stacy Pratt
Darlene Burson	Jane Henderson	Pam Dillon	Sue Jones
Dean & Donna	Jeanette Wendt	Pam Stephan	Vernon Hughes
Marsh	Jeanita Husted	Pat Johnson	Vikki Jacobs
Deanna & Tom	Jim Brehm	Pat Niewohner	Tim Bell

## Belly Dancing

Our Belly Dancing group always welcomes new members. It is great exercise. If you would like to give it a try, we meet on Monday and Tuesday mornings at 11:00 a.m. in the exercise room. – Pam Stephan



## Young at Heart Line Dancers

This article will be short and sweet. As much as we love line dancing, we still need to take time off. We will be taking our annual two-week summer vacation the last two weeks of July. So, the last day of dance will be on July 15th and there will be no line dancing on July 22nd or July 29th.

We all need this. But we will be back on Thursday, August 5th ready, willing, and anxious to get back to dancing! We also are looking forward to seeing each other again because we are not only a family of dancers; we are friends as well.

– Sally -Arlene – Lila

**“You can dance anywhere, even if only in your heart. – Author Unknown”**

## Jazz Dancercise

Jazz Dancercise class is a twice-a-week class, on **Tuesdays and Fridays from 11 a.m.-noon.**

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

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

– Bridget Agriopoulos

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

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

Bickford Assisted Living  
& Memory Care  
Bomgaars  
Bruce Hunkins  
Care Initiatives Hospice  
Continental Springs Nursing Home  
Countryside Healthcare Center  
Heritage Northern Hills  
HyVee  
Koated Kernels  
Lawton Senior Living Community  
Sugar Shack  
Thompson Dean Drug

## See you in the Gift Shop

**It's Christmas...IN JULY!** Shop the annual Christmas in July Sale with bargains galore!

We have Christmas cards at \$.05 each, village sets, ornaments, and other Christmas decorations. Why wait for December to shop. Avoid the crowds, and shop the special sales now!

Please visit the Gift Shop to donate, shop, or just stop in to visit for a bit. Our shelves have space for treasures you may no longer need, and we will be happy to take them off your hands. (no TV's, large appliances, or clothing please.)

**\* Please stop in and check out the latest bargain, newest arrival... or just to say “Hi!” We have a lot to offer, and we love your patronage.**



## Beginning Tai Chi Class

The Beginning Tai Chi class is a progressive class. That means that each class builds on the skills learned in the previous class. Because of this progression, it can be a challenge for new students to jump in at any time, and tough for current students to move forward while trying to help new students catch up. Although we would like you to join anytime you can start, we want you to know that because of this progressive activity cycle, you will need to start at the beginning to get the full benefits.

We invite new members to join the next class sessions beginning on the dates below. Hope to see you here.

**Session 1 – Begins on July 6th at 10:00 a.m.**

**Session 2 – Begins on September 7th at 10:00 a.m.**

## Fitness with Dixie

If you would like a total body workout, upper and lower, stretching, range of motion, and core, Dixie's class is where you want to be. Join in on **Fridays, at 9:00 a.m.**



## Fitness Logic with Lee

Fitness Logic is scheduled on **Tuesdays at 9:00 a.m.** If you haven't attended this great fitness class before, you are missing out! They have a warmup, a cool down, and in between, they use balls, bands, and weights with many fitness movements that give you lots of health benefits. Come and give it a try. You won't regret it.



## Today's Fitness-Tip

Get happier through exercise. Did you know that exercise can boost your mood? Keep that in mind the next time you're feeling down in the dumps or unmotivated. Even a 30-minute walk can help. And of course, the physical activity is also helping you burn calories, so it's a win-win!

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# July Yearly Membership Anniversaries

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

MARY ABRAHAM	JUDY GRIENCEWIC	RICHARD MCARTHUR	CAROLINE STAFFORD
DONNA AILTS	BILL GRIENCEWIC	WILLIAM MERRITT	PAUL SWANSON
EUGENE ANDERSON	PATRICIA GUNIA	JIM MOYLE	ANITA TEVIS
REVEKA AVORY	MAUREEN HALEY	DAVID NAPIER	EVEY THOMPSON
KATHRYN BEACOM	DONNETTE HATCH	PRESTON NASON	CONNIE TRAVIS
ROLENE BEAUVAIS	CORINNE HOLMAN	SUSAN NOLEN	DENNIS TRAVIS
BARB BRADSHAW	NORMAGENE HUGHES	JANE OLSON	TERRY TURNER
DANNY BREEN	VERNON HUGHES	LILLIE PARRETT	HARVEY VIKEN
JANE BREEN	GAYLENE IRONHAWK	DON PHIPPS	LOIS WALSH
WALTER BROCKAMP	JAMES JOHNSON	JANE POLLARD	HELEN WEDMORE
JEAN BROYHILL	MARGE JOINES	LINDA POPKEN	VERNA WELTE
PATRICIA CALVILLO	LARRY JOINES	IRENE PYLE	LILA WHEELEN
RHONDA CAPRON	DURETTA KELLY	JANET REESE	STEVE WHITFORD
DAVID DECORA	DEBRA KELLY	LYNETTE ROBERTS	JUNE WILHELM
BILLIE ERSKINE	JEAN KING	LOIS ROHMILLER	JENNIFER WILSON
DONNA FOXHOVEN	CLARK KLEINBERG	SANDRA ROL	WILLIAM WITZKA
KAREN FRY	RUTH LEBOWICH	ALICE SAILORS	KAREN YOUNG
LINDA GLORFIELD	BENITA RAE LEFF	MARY ANN SCHULTE	
PAUL GREGORY	MARY MARY	WILLARD SNYDER	

## Chair Yoga with Kaye

Hi, from Kaye! We begin our Chair Yoga with breathing. There are many benefits of integrating the breath into yoga and your daily life.

- **Decreased physiological stress.** Deep breathing increases activity of the vagus nerve. The vagus nerve controls the activity of many internal organs and when stimulated, allows a state of calm through muscle relaxation, decrease in blood pressure and more.
- Increased circulation, blood flow and organ function. Taking in more oxygen means the heart and vital organs can function more efficiently, improving overall circulation.
- Improved focus, presence, and mental clarity. When you're focusing on your inhales and exhales, you literally are thinking of nothing else – you're in the here and now; fully present.
- Decreased mental and emotional stress. By breathing deeply, you call on the parasympathetic systems to turn off stress hormones (adrenaline and cortisol). One technique for this is diaphragmatic breathing. Sit tall with the abdominal muscles firm. Place the hands on the rib cage with the middle fingers close together. Holding moderate tension in the abdominal muscles, inhale – expand the upper belly and rib cage. The middle fingers move closer together. If your chest is moving more than your belly, you're mainly using muscles between your ribs to breathe, resulting in shallow breathing.

We start our class frequently with diaphragmatic breathing to help us set a mood for the poses to follow. There are so many breathing techniques that can change your life by improving your heart rate, lowering blood pressure and alleviating anxiety.

**Mantra this month: Be the reason someone smiles today.**

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

– Kaye Plantenberg

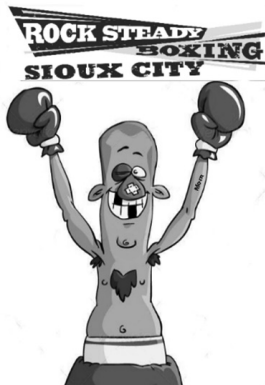
## Bridge News

We had 36 people to help Caroline Stafford celebrate her birthday. This was our first in-person gathering in over a year. Mary Abraham is polling the membership to find out how many bridge players are ready for in-person play at the Center. Most of us are vaccinated and ready to go. So far, it looks like we will start in-person with the Monday afternoon game. The online game will also be available. Our plan must be flexible as COVID changes could force us to make changes. Diane and Audrey continue their online classes on Monday and Thursday. Those may be in-person at the Center soon also. Leon Koster will start a new beginning bridge class at the Center as soon as he has enough interested players. The day is yet to be chosen.

Let's deal those cards and start playing again.

- Audrey Ercolini

## Rock Steady Boxing: Exercise and the Brain



In Parkinson's, neurons in a brain area called the substantia nigra that are responsible for producing a neurotransmitter called dopamine gradually die off, leading to motor problem such a tremor and bradykinesia (slow movement). **Levodopa** — which works to increase dopamine levels in the brain but cannot rescue damaged neurons — is currently the front-line treatment for the disease

Some evidence suggests that, like levodopa, exercise may exert some of its effects by increasing dopamine. A recent study of 17 Parkinson's patients used positron emission tomography (PET) scans of the brain before and after stationary cycling. Results showed that habitual exercisers in this group — eight patients who exercised more than three hours a week — had higher dopamine levels in the dorsal striatum (the brain area that receives dopamine input from the substantia nigra to help control movement) after stationary cycling than the nine others who were sedentary.

The eight exercisers also performed better on functional tests assessing motor symptoms, including the **Unified Parkinson's Disease Rating Scale (UPDRS)** part 3 — which measures items such as gait and time to stand — and in tests of **non-motor symptoms** such as apathy and depression. It's time to stand up and fight this disease right here in Sioux City at our Rock Steady Boxing Program. Exercise.

## Sit and Sip Coffee Shop

When you are looking for a way to stay cool this summer, join us in the Sit and Sip Coffee Shop for a cup of coffee or a cool drink. The Coffee Shop is a great place to gather with old friends or to make new ones.



We have daily specials as well as our regular menu of sandwiches & salads. One of our new offerings is a daily breakfast special to start your day with a light meal. We welcome your suggestions for your favorite dishes/recipes or other offerings.

Stop in to say **HELLO**. Eat with Us or Grab and Go.

We are open from **8:00 a.m. to 1:30 p.m.**

**Our coffee shop could use some donations.**

***We can always use canned tuna and chicken, dill & sweet pickle relish, onions, fresh peppers, tomatoes or cucumbers, romaine hearts, canned vegetables, spaghetti sauce, pasta, small canned or bottled juices, canned pop, and bottled water.***

***If you have extra fruits and vegetables from your garden, feel free to bring them in. Thank you to those who brought in the fresh rhubarb. We enjoyed the yummy desserts!***

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

**We Are in Need of Volunteers for Our Sit & Sip.**

The Coffee shop is a great socialization circle and a fantastic way to meet people! If you love senior citizens and would like to help the seniors of our community, then stop in at the front desk and ask for Pat or Michelle. Thank you for the consideration! (Also, should you know someone that might like to volunteer, please share.)

## Brain Timing is everything -Interactive Metronome is Evidenced based therapy

**Interactive Metronome** is a rehabilitative and brain training neurotechnology. Compelling evidence has shown the effectiveness of **Interactive Metronome** therapy on cognitive measures and electrocortical functioning among soldiers recovering from blast related traumatic brain injury. This study as encouraged the VA to certified **Interactive Metronome** for their patients. Furthermore, additional studies concluded that patients using the **Interactive Metronome** program improved their physical abilities for person's suffering from strokes and Parkinson's.

Occupational Therapists use the Interactive Metronome (**IM**) as a brain-based rehabilitation assessment and training program developed to directly improve the processing abilities that affect attention, motor planning, and sequencing. It's another tool in our box to help people recover from falls and improve their quality of life. We are finding that the Interactive Metronome has a positive impact on anyone who consistently works through an initial 12 session program, stated a local Certified Occupational Therapist. If you are concerned about falling inquire about this new program.

## Jam Session

We have wonderful entertainment here at AG during the Wednesday Jam Sessions. You can join these talented musicians as they entertain the members with song or just enjoy the show.

Come join in on the fun, **Wednesdays from 10:30 a.m.-12:00 p.m.**

**Non-member's fee is \$1.00**

**Thank you to all the Jammers for the amazing entertainment provided us weekly!**



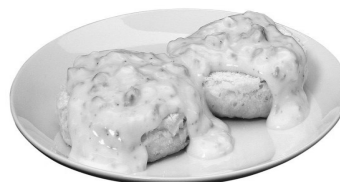
# July 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
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**1**  
*10:00 a.m.-Book Club in the Library  
(1st Thursday)*

9:00 am Penny Bingo  
9:00 am Line Dance-(Intermediate Advanced)  
9:00 am Senior Yoga (CD)  
10:00 am Line Dance-(Beginner)  
11:00 am Line Dance-(Intermediate Beginner)  
11:00 am Woodcarving  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)  
12:00 pm Cribbage  
12:30 pm Pinochle  
12:30 pm Penny Bingo  
1:00 pm Men's & Women's Social Group  
1:00 pm Ping Pong

**2**

9:00 am Fitness with Dixie  
9:30 am Wii Bowling  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S- meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)  
12:00 pm 500 Card Club  
12:00 pm Card/ Board Game Group-Misc.  
12:30 pm Open Craft Time

*No Friday Dance*

**5**  
*Closed in Observations of the 4th of July*



*God Bless*  
**AMERICA**  
HAPPY 4TH OF JULY

**6**  
*1:00 p.m. Crafts with Diana  
Barbeque Carry All \$2.00  
(Sign up- Limit of 10)*

9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:30 am Painting Class  
10:00 am Open Bridge Group  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
11:00 am Belly Dancing  
11:00 am Jazz Dancercise  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)  
12:00 pm Mexican Train  
12:30 pm Penny Bingo  
12:30 pm Pitch  
12:30 pm Tap  
1:00 pm Painting Class  
1:00 pm Ping Pong

**7**

9:00 am Yoga w/Dixie  
9:00 am Silver Sneakers Classic Fitness  
9:00 am Chess  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -\$1.00 Guests  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)  
12:00 pm 500 Card Club  
12:30 pm Tatting 101  
1:00 pm Coloring Corner  
1:00 pm Phase 10  
1:30 pm Walking off the Pounds

**8**

9:00 am Penny Bingo  
9:00 am Line Dance-(Intermediate Advanced)  
9:00 am Senior Yoga (CD)  
10:00 am Line Dance-(Beginner)  
11:00 am Line Dance-(Intermediate Beginner)  
11:00 am Woodcarving  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open.  
12:00 pm Cribbage  
12:30 pm Pinochle  
12:30 pm Penny Bingo  
1:00 pm Men's & Women's Social Group  
1:00 pm Ping Pong

**9**  
*10:30 am Genealogy Class  
(2nd Friday)*

9:00 am Fitness with Dixie  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S- meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)  
12:00 pm 500 Card Club  
12:00 pm Card/ Board Game Group-Misc.  
12:30 pm Open Craft Time  
1:00—3:00 pm Friday Dance

*Featuring " Jerry O'Dell's  
Country Flavor Band*

**12**

9:30 am Grief Support  
(2nd Monday)

1:00 p.m. Birthday Party (2nd Monday)  
Hosts: Staff / Volunteers  
Entertainment: Rock Steady Boxing with Pat  
Treat Providers: Continental Springs &  
Countryside Health Care Center

8:00 am Scrapbooking  
9:00 am Senior Yoga (CD)  
9:00 am Silver Sneakers Classic Fitness  
9:30 am Wii Bowling

**13**  
*1:00 p.m. Activity with B.A.M  
Jewelry Making  
(Sign up- Limit of 15)*

9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:30 am Painting Class  
10:00 am Open Bridge Group  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
11:00 am Belly Dancing  
11:00 am Jazz Dancercise

**14**

9:00 am Yoga w/Dixie  
9:00 am Silver Sneakers Classic Fitness  
9:00 am Chess  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -\$1.00 Guests  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)

**15**

9:00 am Penny Bingo  
9:00 am Line Dance-(Intermediate Advanced)  
9:00 am Senior Yoga (CD)  
10:00 am Line Dance-(Beginner)  
11:00 am Line Dance-(Intermediate Beginner)  
11:00 am Woodcarving  
11:30 am-12:30 pm No Cafeteria Lunch-  
Coffee Shop is open. (Light Lunch 11-1.)

**16**

9:00 am Fitness with Dixie  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S- meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller



<b>10:00 am</b> Knitting & Crocheting <b>10:00 am</b> Tai Chi (Advanced) <b>11:00 am</b> Belly Dancing <b>11:00 am</b> Woodcarving <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:30 pm</b> Siouxland Dup. Bridge (Open) <b>1:00 pm</b> Pinochle <b>1:30 pm</b> Walking off the Pounds	<b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> Mexican Train <b>12:30 pm</b> Penny Bingo <b>12:30 pm</b> Pitch <b>12:30 pm</b> Tap <b>1:00 pm</b> Painting Class <b>1:00 pm</b> Ping Pong	<b>12:00 pm</b> 500 Card Club <b>12:30 pm</b> Tatting 101 <b>1:00 pm</b> Coloring Corner <b>1:00 pm</b> Phase 10 <b>1:30 pm</b> Walking off the Pounds	<b>12:00 pm</b> Cribbage <b>12:30 pm</b> Pinochle <b>12:30 pm</b> Penny Bingo <b>1:00 pm</b> Men's & Women's Social Group <b>1:00 pm</b> Ping Pong	<b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> 500 Card Club <b>12:00 pm</b> Card/ Board Game Group-Misc. <b>12:30 pm</b> Open Craft Time  <i>No Friday Dance</i>
<b>19</b>  <b>8:00 am</b> Scrapbooking <b>9:00 am</b> Senior Yoga (CD) <b>9:00 am</b> Silver Sneakers Classic Fitness <b>9:30 am</b> Wii Bowling <b>10:00 am</b> Knitting & Crocheting <b>10:00 am</b> Tai Chi (Advanced) <b>11:00 am</b> Belly Dancing <b>11:00 am</b> Woodcarving <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:30 pm</b> Movie "Wind Storm" <b>12:30 pm</b> Siouxland Dup. Bridge (Open) <b>1:00 pm</b> Pinochle <b>1:30 pm</b> Walking off the Pounds	<b>20</b>  <b>9:00 am</b> Fitness Logic with Lee <b>9:00 am</b> Penny Bingo <b>9:30 am</b> Painting Class <b>10:00 am</b> Open Bridge Group <b>10:00 am</b> Creative Writing <b>10:00 am</b> Tai Chi (Beginning) <b>11:00 am</b> Belly Dancing <b>11:00 am</b> Jazz Dancercise <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> Mexican Train <b>12:30 pm</b> Penny Bingo <b>12:30 pm</b> Pitch <b>12:30 pm</b> Tap <b>1:00 pm</b> Painting Class <b>1:00 pm</b> Ping Pong	<b>21</b>  <i>12:30 p.m. Ice Cream Bar with Tammy from Hospice of Siouxland</i>  <b>9:00 am</b> Yoga w/Dixie <b>9:00 am</b> Silver Sneakers Classic Fitness <b>9:00 am</b> Chess <b>9:30 am</b> Painting Class <b>10:00 am</b> Sexy & Fit after 40 <b>10:30 am</b> Open Jam Session -\$1.00 Guests <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> 500 Card Club <b>12:30 pm</b> Tatting 101 <b>1:00 pm</b> Coloring Corner <b>1:00 pm</b> Phase 10 <b>1:30 pm</b> Walking off the Pounds	<b>22</b>  <b>9:00 am</b> Penny Bingo <b>9:00 am</b> Line Dance-(Intermediate Advanced) <b>9:00 am</b> Senior Yoga (CD) <b>10:00 am</b> Line Dance-(Beginner) <b>11:00 am</b> Line Dance-(Intermediate Beginner) <b>11:00 am</b> Woodcarving <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> Cribbage <b>12:30 pm</b> Pinochle <b>12:30 pm</b> Penny Bingo <b>1:00 pm</b> Men's & Women's Social Group <b>1:00 pm</b> Ping Pong	<b>23</b>  <b>9:00 am</b> Fitness with Dixie <b>10:00 am</b> Chair Yoga with Kaye <b>10:00 am</b> T.O.P.S- meeting (Take Off Pounds Sensibly) <b>11:00 am</b> Jazz Dancercise <b>11:00 am</b> Karaoke <b>11:30 am</b> Open Bridge Group <b>11:30 am</b> Mixed Media Art Class/ Vivian Miller <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> 500 Card Club <b>12:00 pm</b> Card/ Board Game Group-Misc. <b>12:30 pm</b> Open Craft Time <b>1:00—3:00 pm</b> Friday Dance  <i>Featuring "Ed Tryon"</i>
<b>26</b>  <i>1:00 p.m. – (4th Monday )          Parkinson's Support Group          – In person or by Zoom</i>  <b>8:00 am</b> Scrapbooking <b>9:00 am</b> Senior Yoga (CD) <b>9:00 am</b> Silver Sneakers Classic Fitness <b>9:30 am</b> Wii Bowling <b>10:00 am</b> Knitting & Crocheting <b>10:00 am</b> Tai Chi (Advanced) <b>11:00 am</b> Belly Dancing <b>11:00 am</b> Woodcarving <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:30 pm</b> Movie "Ithaca" <b>12:30 pm</b> Siouxland Dup. Bridge (Open) <b>1:00 pm</b> Pinochle <b>1:30 pm</b> Walking off the Pounds	<b>27</b>  <b>9:00 am</b> Fitness Logic with Lee <b>9:00 am</b> Penny Bingo <b>9:30 am</b> Painting Class <b>10:00 am</b> Open Bridge Group <b>10:00 am</b> Creative Writing <b>10:00 am</b> Tai Chi (Beginning) <b>11:00 am</b> Belly Dancing <b>11:00 am</b> Jazz Dancercise <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> Mexican Train <b>12:30 pm</b> Penny Bingo <b>12:30 pm</b> Pitch <b>12:30 pm</b> Tap <b>1:00 pm</b> Painting Class <b>1:00 pm</b> Ping Pong	<b>28</b>  <b>9:00 am</b> Yoga w/Dixie <b>9:00 am</b> Silver Sneakers Classic Fitness <b>9:00 am</b> Chess <b>9:30 am</b> Painting Class <b>10:00 am</b> Sexy & Fit after 40 <b>10:30 am</b> Open Jam Session -\$1.00 Guests <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> 500 Card Club <b>12:30 pm</b> Tatting 101 <b>1:00 pm</b> Coloring Corner <b>1:00 pm</b> Phase 10 <b>1:30 pm</b> Walking off the Pounds	<b>29</b>  <i>1:00 p.m. Crafts with Diana          Solar Light Craft \$2.00          (Sign up- Limit of 10)</i>  <b>9:00 am</b> Penny Bingo <b>9:00 am</b> Line Dance-(Intermediate Advanced) <b>9:00 am</b> Senior Yoga (CD) <b>10:00 am</b> Line Dance-(Beginner) <b>11:00 am</b> Line Dance-(Intermediate Beginner) <b>11:00 am</b> Woodcarving <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> Cribbage <b>12:30 pm</b> Pinochle <b>12:30 pm</b> Penny Bingo <b>1:00 pm</b> Men's & Women's Social Group <b>1:00 pm</b> Ping Pong	<b>30</b>  <b>9:00 am</b> Fitness with Dixie <b>10:00 am</b> Chair Yoga with Kaye <b>10:00 am</b> T.O.P.S- meeting (Take Off Pounds Sensibly) <b>11:00 am</b> Jazz Dancercise <b>11:00 am</b> Karaoke <b>11:30 am</b> Open Bridge Group <b>11:30 am</b> Mixed Media Art Class/ Vivian Miller <b>11:30 am-12:30 pm</b> No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) <b>12:00 pm</b> 500 Card Club <b>12:00 pm</b> Card/ Board Game Group-Misc. <b>12:30 pm</b> Open Craft Time  <i>No Friday Dance</i>

## July Birthday Party



Our monthly birthday party will be held **Monday, July 12th at 1:00 p.m.**, in the Multi-Purpose Room. The entertainment will be with **Pat our Executive Director presenting Rock Steady Boxing.** We encourage and invite **ALL MEMBERS** to attend!

We'd like to thank *Continental Springs Nursing Rehab & Senior Living* for providing the cake. Also, thank you to *Countryside Health Care Center* for the cookies.

Last but not least, thank you to *our Belly Dancers* for providing fantastic entertainment for June's birthday party! *We appreciate all your support!*

## Friday Dances

Our dances are scheduled on **the 2nd and 4th Fridays of the month.**

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

A big thank you goes out to **Bickford Assisted Living and Memory Care**, and **Countryside Nursing Home**, for being treat providers for our Friday dances. We appreciate your support

**Friday dances will be 1:00 p.m.-3:00 p.m., and they are open to the public. Members entry fee is \$3.00, Non-members fee is \$6.00. Meal Site - Spectators \$2.00. We accept cash only.**

**July 9th - Jerry O'Dell's Country Flavor Band**  
**July 23rd - Ed Tryon**

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



## Welcome to the Library



Our Book Club choice for July is **"Four Winds"**, by Kristin Hannah.

We meet on **Thursday, July 1st at 10:00 a.m.** in the library. You are welcome to join us!

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

We are still putting puzzles together. It's a nice time to visit with each other.

Thank you to all of you that volunteer. You all are greatly appreciated!  
Hope you all have a wonderful summer.

*See you at the library - Helen Eriksen*

## The 7 Minute Chicken and Pear Salad

**You'll need:** (Serves: 1)

1 small ripe pear  
1 tablespoon extra-virgin olive oil  
1 teaspoon Dijon mustard  
1 teaspoon lemon juice  
1 teaspoon minced garlic  
Pinch of sea salt

1 teaspoon salt-free Italian herb seasoning  
1 cup baby spinach leaves  
3 ounces cooked chicken breast, sliced or diced

**What to do:** Dice pear and set aside.  
Whisk together olive oil, Dijon, lemon

juice, garlic, sea salt, and herb seasoning.

Arrange spinach in a bowl. Top with dressing, pear, chicken, onion and bell pepper. Enjoy!



## Saturday Night Dance with Fiddler Creek

We are happy to announce that we are having a **Saturday night dance on July 17th.**

Stop in and enjoy the entertainment of **Fiddler Creek** beginning at **7:00 p.m. until 10:00 p.m.**

**Tickets are only \$5.00 a person.**

## 500 Fun

The 500 Card Club is looking for additional avid 500 players to join us for fun and cards on **Wednesdays and/or Fridays beginning at 12:00 p.m.**, in the Meeting Room. You have now received your personal invite and we hope to see you!

*~Terry Hammond*

## Take Off Pounds Sensibly (TOPS)

TOPS is a support group with real people with real weight loss where everyone is rooting for each other.

Have you added on a few of those unwanted pounds, like so many of us? We have a wonderful weight loss support group here at the center! TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.

The **TOPS group meets on Fridays beginning at 10:00 a.m.** Please feel free to stop in and see what it is all about. You might decide you want to join.

## Our Library -First Edition Treasures?

Our library and its volunteers are committed to lifelong learning for our members. Seniors who read often enjoy much more than just a good story. Scientific studies have found many benefits of reading for older adults, from reducing stress and enhancing sleep to improving memory circuits, sharpening decision-making and possibly even delaying the onset of dementia and Alzheimer's Disease. These benefits demonstrate why good senior reading habits help preserve mental faculties, enabling people to live independently longer.

A study of 294 seniors published in Neurology found that those who engaged in mentally stimulating activities such as reading across their lifespan had slower rates of memory decline compared to those who did not reduced the rate of decline by 32 percent. This is critical to the short-term recall of our everyday events improving our analytical and reasoning power helping solve problems. This is also known as fluid intelligence. Reading challenges our brains and improves fluid intelligence and reduces symptoms of neuron inhibiting diseases.

When it comes to unwinding, getting lost in a good book beats listening to music, having a cup of coffee, or going for a walk, according to research. It only took six

minutes for the heart rate and muscle tension of participants to relax once they dove into a book. Reading in bed has long been considered a surefire way to fall asleep. It signals our bodies it's time for sleep unlike screen or television that disrupt resting patterns.

Donations of books are accepted and welcomed for our members. You may not find a first edition treasure, but our members are sure to find a good read with our wide variety and selection of materials. The library is a welcoming room for our guests. A quiet and peaceful setting with an ever-present puzzle opportunity. Members can browse at their leisure and engage our volunteers in a recent read.

### By the Numbers

- Close to two-thirds of seniors reported using libraries in the last 12 months,
- Men were more likely to have visited than women.
- Seniors are frequent library visitors with half reporting that they visit libraries at least once a week.
- While the majority of seniors reported using library computers to access library resources (65%) only one quarter used library computers to access the internet (25%).

## The Foster Grandparent and Senior Companion Programs of Greater Siouxland

Greetings from the new kids on the block! **The Foster Grandparent and Senior Companion Programs of Greater Siouxland** have moved to the Siouxland Center for Active Generations.

To introduce ourselves, from left to right, Barb Gerling, Foster Grandparent Coordinator; Jessie Huitink, Program Director; and Danae Thoene, Senior Companion Coordinator.

We run two programs that are opportunities for anyone over 55 who are interested in serving others or making new friends. You'll see a group of our volunteers meeting in the first week of each month.

Our Senior Companion Program is bigger in your community, where volunteers are set up with clients either at sites or one-on-one in client homes. The idea is to combat loneliness. Companions offers services to their clients such as a friend to go get lunch or coffee with, a gaming buddy (cards, checkers, even fishing!), light house chores (dusting, perhaps cooking if the volunteer and client enjoy such things together), some transportation (dr. appts, groceries, local errands, etc.), or someone to just shoot the breeze with. Our Foster Grandparent volunteers are placed in schools or daycare settings where they get to have lunch with the kids, read books together, help with other studies, and offer support to kids who struggle with coping skills. Foster Grandparents are a huge help in the classroom and a valued gift in their community.

All of our volunteers serve a minimum of 5hrs weekly but can serve as many above that as they'd like. We encourage it! If it would bring you joy and purpose, then of course we want you involved! Give us a call at our main office number for more info 712-476-2628 or stop and see us when we are here! Best times to catch us would be Tues through Thurs. We look forward to meeting new faces! Stop in and say hello.





## July 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:*

**July 6th.....** Write about, "I'm Proud to Be an American

**July 13th....** How important Is It to Belong to a Community?

**July 20th....** Write on "Flower Seeds."

**July 27th....** Whose Shoes Could You Fill?

### JULY POEM: (Author Unknown)

I love to see the starry flag  
That floats above my head,  
I love to see its waving folds,  
With stripes of white and red,  
"Be brave", say the red stripes,  
"Be pure," say the white,  
"Be true," say the bright stars,  
"And stand for the right."

### THE UNITED STATES OF

**AMERICA**, no more powerful words ever written or said. a nation born of revolution and framed and formed

by our founding fathers. Meaningful words such as: Freedom, Liberty and Justice still prevail, ringing out loud and clear...as the American symbol of Independence. Lady Liberty stands ever vigilant, high upon her pedestal overlooking the harbor, adorned in her flowing robe, crown and flaming torch and arm raised aloft in her hand....America has never denied the American dream and gift of asylum to those seeking a better life in this great land. (Joseph P. Martino)

### JULY FACT:

The July birthstone is the ruby, which is believed to protect the wearer from evil. The ruby, along with the related sapphire, are the second hardest natural gemstones, only the diamond is harder.

*- Alice Reeg, Creative Writing*

## Blueberry Almond Spice Smoothie

**You'll need:** (Serves: 1)

1 cup chopped spinach  
1 cup frozen blueberries  
1/4 cup of almond flour  
1 tablespoon almond butter  
3/4 cup of unsweetened almond milk  
1 teaspoon ground cinnamon  
1 teaspoon honey

**What to do:**  
**Combine all ingredients in a blender, and whip until smooth. Enjoy!**



## Pineapple, Strawberry, and Kale Smoothie

**You'll need:** (Serves: 1)

1/3 cup plain Greek yogurt  
1 cup kale, stems removed and sliced into 1-inch strips  
1 cup pineapple cubes  
1/2 frozen strawberries, halved

**What to do:** In a blender, puree ingredients until smooth.

**Pro tip:** Make multiple smoothies at once and freeze single servings. Put the mix in freezer-safe, airtight containers, and place them in the freezer. Pull them out to thaw in the fridge overnight to enjoy the next morning. Combine all ingredients in a blender, and whip until smooth. Enjoy!



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

## AARP Foundation

For a future without senior poverty.

Are you 55 years of age or older and looking for employment? Enhance your skills and find a job! Training Assignments available in your county! Must be 55+, unemployed, and meet federal income guidelines.

Training pays minimum wage, 18-30 hours per week

**Call 641-243-8873 for more information.**

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## Siouxland Parkinson's Support Group

The Siouxland Parkinson's Support Group meets at the Center on the **4th Monday of each month at 1 pm**. This support group is available for our members, and open to the public. All are welcome.

## Centerstage Tappers

Our Tap class could use some new members and we would love to have you be part of our Tap group. Even if you have never tap danced before, if you are interested, please stop by. Or feel free to just come and visit us, we love having an audience!!! **Tappers meet on Tuesdays at 12:30 p.m.**



## STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance  
in Sioux City, Iowa.  
Applications are now  
available online at

[www.siuox-city.org/services](http://www.siuox-city.org/services)

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

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## Grief Support Program

The Grief Support Program for members is held on the **2nd Monday of each month at 9:30 a.m.** This monthly program is led by social worker Jim Anderson and clergyman Steve Pohlman. No matter where you are in the grieving process, they will be there to reinforce you, encourage you, and help you.

Losing someone or something you love is very painful. Grief is a normal and a painful response to the loss of a loved one and the feelings you have may be difficult to work through alone. 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. In this group you will have the opportunity to talk about your loss and feelings with others that are grieving as well.

Please know, we are here for you. You do not have to go through your loss alone. Let us, and others who have gone through this, help you through this difficult time by offering support to you and a safe place to talk about your loss and feelings with people who truly understand and can validate your feelings and offer you comfort. Whether your loss was recent or not, feel free to stop in and see what our group can offer you or what you can offer others from your experience.



## SilverSneakers Classic Fitness Program

**SilverSneakers Class getting good reviews.** The Center recently started SilverSneakers class which has been active for two weeks is getting top remarks. The participants have been quite vocal about the success of the class. "We love the instructor. He is respectful polite and great at modifying the exercises for us," said one participant. Cesar, our class instructor, enjoys the interaction and helping our members exercise. "The class is ever changing and challenging," said Cesar. "We keep looking for ways to help our members and adjusting the exercises." The class meets twice a week on **Mondays and Wednesdays from 9:00 to 10:00 AM**. If you are interested in participating, the class is free to SilverSneakers members and \$1.00 dollar for others who want to join.



## Pleasant and Affordable Housing Communities for Elderly and Disabled

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

 **Equal Opportunity Housing** 

**Oakleaf**  
PROPERTY MANAGEMENT  
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(712) 255-3665

"Providing for others what we expect for ourselves."

## Medicare Benefits Available at the Center

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

## Medicare Supplement and Advantage Plan Questions

**Bruce Hunkins**

Independent Insurance Agent

Specializing in Medicare Advantage & Supplement plans

**402-709-7314 • bahunkins@yahoo.com**

**See Bruce Hunkins Tuesdays 10:30 - 11:30 a.m.**

**Next to the Coffee Shop**

**Siouxland Center for Active Generations**

## Genealogy Class

The topic for the **Friday, July 9th** genealogy class, will be "**Adoption**", led by Cheryl and Phyllis. It is scheduled on the 2nd Friday of each month from **10:30 - 11:30 a.m.**

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



## WISH LIST

- You! Our Center needs volunteers to help facilitate events & programs.
- Volunteers to lead/plan ethnic meals- Yes -Mediterranean, Scandinavian, English, German-all welcome. Here's a time to wave your heritage flag.
- Spread the word to your friends. There's still a lot to do at our center or lead a program. If each member asks a friend to join, we will meet our membership goals.
- Donate to the Gift shop - it helps keep us going. Clean small appliances, dishware, home décor.
- Spring Colored Table Clothes (pink, purple, teal, yellow, green), and always red, white, and blue.

## Penny Bingo

**B-I-N-G-O!** This game has been one of the favorites of our Center for years and we are still here having a good ole time!

Our cards are only \$.01 per card, up to (6) cards. We also have paper card games, one in the morning and one in the afternoon.

**We play between 9:00 a.m. - 11:30 a.m. and 12:30 p.m. - 2:15 p.m. on Tuesdays & Thursdays.**

There is plenty of room for you. Stop in and try your luck! You shouldn't go broke, but you won't get rich either. It's all about the fun and socializing! See you here.

*-Lola Balstand & Crew*



## HALF FULL-HALF EMPTY

**Kay Reynolds 5/17/2021**

Is your cup half FULL or is it half EMPTY?

How do you see your life today;

Is there a vision of despair -

Thinking NOTHING ever goes your way?

But just think – you are alive

Breathing, moving, and aware;

Let your heart be FULL of care.

Troubles in life will occur as we go

Thru the course of living life;

But -look to making each day we have

One of peace not enduring strife.

Be thankful for all that you have

How blessed you are for sure;

Help others enduring sadness and pain

For a smile on your face can be the cure.



## Biscuits & Gravy

On Wednesdays only, in the coffee shop. \$2.00 for one open-faced or \$4.00 for two open-faced biscuits & gravy.

**Serving from 8 -10 a.m.**

# JULY BIRTHDAYS

Wyman Andersen	Violet Duncan	Debra Kelly	Steve Shadle
Peggy Anderson	Douglas Flom	Leon Koster	Karen Smith
Jan Ashmore	Warren Grieve	Eugene Kudera	O'Neal Smith
Mae Barron	Linda Groves	Dorine Levine	Sharon Smith
Susan Batien	Don Hartman	June Lyman	Scott Sorensen
Ron Berger	Kenneth Hayward	Frances Madison	Ramon Sundquist
Marilyn Berke	Vickie Henrichsen	Bonnie Marks	Marg Swanson
Spencer Brende	Sheryl Hofer	Paul Maurer	Dorene Titus
Walter Brockamp	Carol Houchins	Robert Morrissey	Mary Tordsen
Jean Broyhill	Bruce Hunkins	Vicki Mullen	Molly Twohig
Helen Bundy	Robert Irwin	Dorothy Myers	Donna Vitzthum
Larry Carver	Rita Iversen	Judy Nelson	Grace Wagoner
Star Connolly	Lois Jensen	Ibu Nooney	Lynn Walsh
Jeanette Cooper	Patricia Johnson	Bryan Olson	Dan Weakly
John Cowley	Jerry Johnson	Edda Else	Ralph Webb
Jean Darnell	Cathy Jones	Philippsen	Barbara Willis
Bob Davis	Jerry Jorgensen	Roger Prodehl	Rose Wolfe
Leslie Davis	Charley Julch	Deborah	John Woods
Kathryn Drake	Raymond Kashas	Robinson	Mary Zook

## ICE CREAM BAR

**Summer Fun.** We all know a wonderful way to enjoy hot summer days is with ice cream, of course!

**Here's the Scoop.** Tammy with Hospice of Siouxland has it covered. She invites you to enjoy a Sweet Treat on **Wednesday, July 21st beginning at 12:30 p.m.**

Be sure to stop by her table here at the Center to say Hi; and join us for a Sweet Time, Meet and Mingle and enjoy a cup of complimentary Ice Cream and toppings from our neighbors and friends from **Hospice of Siouxland!**



## Overactive bladder?

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

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

[sanfordhealth.org](http://sanfordhealth.org),  
keyword: Bladder Health

**SANFORD**  
WOMEN'S

## NEW MEMBERS

CHRISSE FAHEY

DONNA BEAUCHENE

JACKIE WARNSTADT

MARSHA JARMAN

EUGENE KUDERA

JERRY LARSON

BOB JOHNSON

VALERIE LOCKWOOD

TIM PICKINPAUGH

## WE REMEMBER

MARIE (PAT) BYRNE

CONNIE SPAIN

SAM HALLOWELL

HARVEY STOKES

FRANCES GARD

## MEMORIALS

*for: Ray Deabler*

from: Jon & Grace Wagoner

*for: Glenda Schulze*

from: Helen Bundy

*for: Carole Foster*

from: Dawn Dailey


*for: Frances Gard*

from: Ron & Julie Karrer

Laurice Streyffeler

Julie Gard

Mark & Neva Pierce



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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

June

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

Miriam Clayton  
 Virginia Gries  
 Sherry Evans  
 Richard Hayes  
 Donna Johnson

Sally Kimball  
 Mindy Krause  
 Janette Linden  
 Dennis Martin  
 Pamela Mears

Russell Movall  
 Jan Nelson  
 Kaye Plantenburg  
 George Polak  
 Don Schultz

Harvey Viken  
 Bob Wolf  
 Claryce Welch

### Dollar Per Day Club

Gene Andersen  
 Andrea & Mark Rathgeber  
 Dawna Zullo  
 Paul Gregory  
 Chris Lahn  
 Diana Howard  
 Foulk Plumbing

Barney Pottebaum  
 CNOS-Nolan Lubarski  
 Tom & Deanna Jacobs  
 Judy Seaman  
 Joe Donovan  
 Joel Jarman  
 Judy Peters

Emily Kowalski  
 Marc & Ellen Christofferson  
 Paul Zielesinski  
 First Premier Bank  
 Dorine Levine