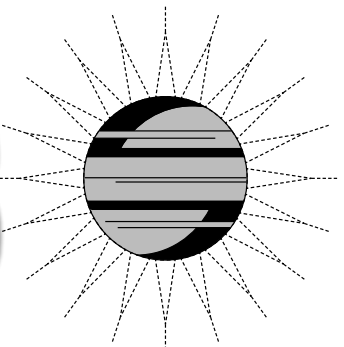


MARCH 2020

SUNSHINE NEWS



Telephone
712-255-1729

Number
502

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: The Gift Shop and The Library

This month we would like to introduce you to our Gift Shop and The Library, two of our favorite places in the Center to spend part of our day. Both are open daily from 9 am to 3 pm.

The Gift Shop is a welcome place not only to buy items, but also a place to sit and relax. The socialism is wonderful. We have a diverse group of volunteers who organize, accept donations, and help customers with their purchases. We offer items of all kinds including greeting cards, puzzles, jewelry, glassware, etc. Our volunteers include Barb, Sharon, Vikki, Elaine, Sue, and Ibu. The gift shop is a fun and friendly place to recycle unwanted items or to find a great collectable that has been donated.



The Library is also a very warm, inviting place to stop in to read, visit, or work on a jigsaw puzzle. There is a great selection of fiction, nonfiction, audio books, and movies that can be checked out at no cost to our members. Helen Eriksen is our Lead Librarian and has been a member and volunteer at the Center for ten plus years. Helen comments that working in the library is very fulfilling for her because of her love to be around people and greet all with a friendly smile. She leads a great group of volunteers, including Sandy, Pat, Teresa, Grace, Doris, Linda, Ken and Lucille.

They will be hosting the March Birthday Party on Monday, March 9th, at 1:00 pm. Stop by and join them in celebrating the March Birthdays.

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.

\$2.00 Biscuits and Gravy



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



St. Patrick's Day Float

Wear your GREEN on St. Patrick's Day, Tuesday, March 17th. Then stop by the table outside of the Coffee Shop and get a complimentary St. Patrick's Day Float. We will be serving at 2:00 p.m. (Served until gone.)



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

Board of Directors

Joseph Donovan

Roger Friessen

Capt. Cregg Getman

Melanie Berte-Hickey - Member

Joel Jarman - Member

Colby Lessmann

Nolan Lubarski - Member

Ben Oberle - Chair

Malinda Pflanz - Member

Steve Pohlman

Barney Pottebaum - Vice-Chair

Andrea Rathgeber - Treasurer

Judy Seaman

Executive Director

Patrick Tomscha

Program Coordinator

Michelle Laffin

Membership Coordinator

Jan Green

Editor

Judy Seaman

Carol Gall



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.

Membership Drive

Siouxland Center for Active Generations is Siouxland's Best Kept Secret. This March we want our members to help spread the word about the great programs, fitness, educational opportunities and great lunches. During the month bring a friend (fees waived). But especially during the week of March 16th-20th. Bring a friend and share the joys of our center. Special prizes will be awarded for those members bringing in a friend for a day.

- Monday– Chili's gift card
 - Tuesday– McDonalds gift card
 - Wednesday –HyVee gift card
 - Thursday– Walmart gift card
 - Friday- Gift card from Red Lobster for most signed in visitors-for the week
- March 31st we will have a drawing for most unduplicated signed in guests for the month. **Must sign in at front desk to be eligible.**

Senior Living Fair



The Siouxland Center for Active Generations is hosting its annual Senior Living Fair "Spring into Wellness," from **1:00-3:00 p.m. on Tuesday, April 7th**. The annual fair is an informative day geared at enriching the lives of older adults. It will feature many exhibit booths, health screenings, educational information, giveaways and more. Don't miss your chance to find out about all the goods and services available to seniors.

Remember to visit every booth, and to register for door prizes which will be given away throughout the afternoon. The event will take place here at the Center, and participation is free and open to the community.

Lunch will be available for purchase at our meal site from 11:30-12:30 p.m., and in the Sit and Sip until 1:30 p.m. Homemade goodies will be available for purchase at our bake sale, which runs throughout the day. We also will have a book sale and the gift shop will also be open.

Beach Ball Games with B.A.M

Last month our members had a fantastic time making bracelets with Trisha from **Bickford Assisted Living and Memory Care!** Beach Ball fun will be their activity on **Tuesday, March 10th at 1:30 p.m.**

If you would like to participate, please sign up at the activities table. (Limit - 20)



Caring Deeply



Providing all your senior care needs:
rehab, nursing, assisted living, memory care
& independent living.

Schedule your tour today!
Call 712-276-3821.
5501 Gordon Drive East, Sioux City

CELEBRATING 60 YEARS
SUNRISE
Senior Living Choices for You



SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.568.2472 • SNBonline.com

"Where Quality Counts"

PRESTIGE 

Collision Repair Centers
Two Locations:

508 West 7th 3929 Prestige Blvd.
Sioux City, IA 51103 Sioux City, IA
712-258-1653 712-234-1975

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
- Boom box with a cd player, dual (preferred) or single cassette player.

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 January. We thank them for their thoughtfulness.

- | | | |
|-------------------|--------------------|-----------------------|
| Alice Reeg | George Polak | Linda Beeson |
| Ann Mrla | Helen Bundy | Liz Blachnik |
| Anna Kounas | Helen Erickson | Lola Balstad |
| Arlene Milbrodt | Jane Henderson | Marilyn Haller |
| Bev Hall | Joanne Peters | Normagene Hughes |
| Carolyn Bauer | John & Judy Cowley | Patricia Windeshausen |
| Carolyn Henjes | Judy Pierce | Sally Kimball |
| Charlotte Collins | Judy Rehurek | Sharon Hanneman |
| Darlene Burson | Julie Brown | Sherry Evans |
| Deanna Jacobs | Kaye Plantenberg | Sonnie Robbins |
| Doreen Schoonover | Kristina Yezdimer | Toots Pittman |
| Doris Parsons | Kristine Bergstrom | Vicki Jacobs |
| Elaine Waskow | Kyong Jo Hanshaw | Vicki Porter |
| Evey Thompson | Lee Chamberlain | |

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 | Regency Square |
| Casa De Paz | HyVee - Hamilton | Thompson Electric |
| Continental Springs | Koated Kernels | Touchstone Healthcare |
| Nursing Rehab | Barbara's Floral and Gifts | Community |
| Floyd Place Senior Living | Palmer Olde Tyme Candy | Sunkist Bakery |
| Foulk Plumbing & Htg. | | |

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 _____

Crafts with Diana

Diana is excited to be leading two craft classes in the month of March.

1:30 p.m., Thursday, March 5th: St. Patrick's Day Craft

1:30 p.m., Tuesday, March 24th: Easter Craft

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

Continental Springs Creations

Becky, with **Continental Springs**, brings creative projects to our Center for our members to use their imagination to create their own desired effect.



The next class is on **Thursday, March 12th at 1:30 p.m.** and those attending will be doing a Shamrock project. There is no cost to our members; Continental Springs supplies everything for this class. Come have an enjoyable afternoon with friends. **If you would like to participate, please sign up at the activities table. (Limit - 15)**

Beginning Tai Chi

Will not be having classes in March or April due to Tai Chi for Arthritis. The original Tai Chi for beginners will resume on **Tuesday, May 5 at 10:30 a.m.** and continuing weekly.

Tai Chi for Arthritis I

Tai Chi for Arthritis I, classes have been scheduled here at the Center starting **Tuesday, March 10th, through Friday, May 1st.** Classes will be twice a week on Tuesdays and Fridays. **If you are interested in attending, please sign up at the activities table. (Limit-18)**

Tuesdays at 10:30 a.m.: March 10th, 17th, 24th, and 31st; April 7th, 14th, 21st and 28th

Fridays at 10:30 a.m.: March 13th, 20th, and 27th; April 3rd, 10th, 17th, and 24th ; and May 1st

The classes are instructed by staff from Connections Area Agency on Aging.

Research indicates that participation in weekly, community-based Tai Chi classes can reduce falls. It also suggests that TCA is an effective and sustainable public health intervention for falls prevention. The seniors enrolled in this program report greater flexibility, balance and confidence.

Tai Chi's non-impact, relaxed environment is ideal for all because it can be adapted to the individual. It can be done seated or standing with or without support.

Tai Chi for Arthritis uses moves easily followed and easily applied to all situations; practice becomes an on-going, daily activity.



Rock Steady Boxing

Hear the comments from our boxers:

- I find the Parkinson's Rock Steady Boxing classes challenging, exhilarating and fun. I never boxed before but it is helping me fight back.
- Great group to work out with.
- Supportive. We are helping each other.
- Hard workouts but they are worth it.
- Hate the Sally up Sally down and all the twist's thrown in-but by doing this I am stronger.

If you or someone you love has been diagnosed with Parkinson's this class is designed for you or them to stay independent. Classes to fit boxers' abilities. Call Patrick Tomscha for more information. 712-255-1729

Karaoke

The Karaoke singers are enjoying singing. If you are interested in participating, we meet in the multi-purpose room, **Fridays from 11:00 a.m. to noon.**



Lap Dawgs

Congratulations, to all the Lap Dawgs. Sixty-Six participants walked a total of 12,500 laps for a total of 1,000 miles in the month of January. That is a lot of miles! Way to go Lap Dawgs. So proud of you all!

Leader of the Pack

March Talk Shows at 10:30 a.m.

- Wednesday, March 4th:** "Eight Years of Eyecare Mission in El Salvador" with Rod Hefner.
- Wednesday, March 11th:** "Grow with Us - Siouxland Garden Show" with Katelyn Brinkerhoff from Iowa State University Extension and Outreach Services.
- Wednesday, March 18th:** "Restaurants" with Tom Munson from Sioux City Public Museum.
- Wednesday, March 25th:** "Senior Volunteer Programs of Greater Siouxland" with Amy from Senior Companions/Foster Grandparents.

Arts with Vivian

Join Vivian Miller, our Mixed Media Artist, for a fun filled afternoon. She will bring all the supplies needed and will direct you in making and designing your own Paper Dolls and Envelope Artwork.

- **Paper Dolls** is scheduled for **Tuesday, March 17th and Thursday, March 19th at 1:00 p.m. (2-Part Class -Limit 15.)**
- **Envelope Art** is scheduled on **Wednesday, March 25th at 1:30 p.m. (Limit-15)**

All you need to do is sign at the activities table if you plan on attending.

Coffee & Canvas with Casa De Paz

Casa De Paz is hosting another Coffee & Canvas for our members here at the Center. If you know Amanda, you know she is a great art instructor! She helps assist you in any way she can. Join her in painting a Spring themed Canvas on **Wednesday, March 18th at 1:30 p.m.** Please sign up at the activities table. (Limit - 12)



309 Cook St.
Sioux City, IA 51103
712-233-4144
www.hospiceofsiouxland.com

2916 Hamilton Blvd.
(712) 258-3332
www.siouxlandhearing.com

Michael Sloniker,
 M.S., CCC-A

Hours: Mon. - Sat. 10 am - 5 pm

405 Wesley Parkway • 712.258.7790

www.palmercandy.com

COLBY M. LESSMANN
Attorney at Law

Practicing Primarily In:

Wills ♦ Trusts
Estate Planning ♦ Probate

613 Pierce Street, Sioux City, IA 51101
(712) 252-3226

OPEN DOOR CHAPEL

SERVICES: SUNDAY 10:45

PASTORS REV. MIKE & REV. JUDY

712-258-9248

601 FLOYD BLVD – SIOUX CITY, IA

The Heritage

at Northern Hills

4000/4002 Teton Trace
Sioux City, IA 51104

Independent Living/Assisted Living

Meals, transportation,
and housekeeping available.

Cash Prizes! & Snacks

City Wide

BINGO

Last Black-out \$50

Wednesday, March 11th • 1:30 to 3:00 p.m.

(in our Independent Living Building)

Pick Up at Senior Center (Sign up Minimum 3 People)

Pick up at 12:30 p.m. return by 3:30 p.m.

Call 712-239-9402 for more information!

FIGHT THE FLU!

Join a Vaccine Research Study

- ✓ Flu ✓ RSV
- ✓ C. Diff ✓ And More!

CALL (605) 232-9000

or visit mcrmed.com

MERIDIAN

March Yearly Membership Anniversaries

Just a reminder that these **awesome** members are celebrating another year of membership here at the center in the month of March 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	JACKIE ENGLE	LUCILLE JOHNK	THOMAS PATTERSON	JAY SMITH
MARILYN BAKER	TIM ENGLE	KENNETH JOHNS	FRANK PETERS	HELEN ST.PETER
LORI BARNETT	SHERRY EVANS	BETTY ANN JOHNSON	OLGA PONCE	LARRY STEINBRECHER
JOHN BARTHOLOMEW	LEO FOXHOVEN	JAMES JOHNSON	LINDA POPKEN	RICHARD STORM
FRANCIS BENNETT	EMILY FRADY	RAYMOND KASHAS	MADELINE PRESCOTT	CHARLES SWANSON
SARAH BIORN	MARLENE FRANK	JEFF KEIL	WILLIAM PRESCOTT	DONNA THIELE
SPENCER BRENDE	KAREN FRY	NANCY KELLY	IRENE PRINCE	ELDON THOMPSON
JOANN BREYFOGLE	MARY GALLOWAY	KENNY KLUG	IVA RATH	DON TORGERSON
JEAN BROYHILL	LYDIA GORHAM	KRISTIN KLUG	LINDA RAVNSBORG	CONNIE TRAVIS
RHONDA CAPRON	ROGER GROVES	KATHIE KOBERNUS	JANET REESE	DENNIS TRAVIS
BRENDA CHAPMAN	COLLEEN GUY	JUNIOR LAW	JANET ROACH	DONALD TUDEHOPE
RAMON CHOQUETTE	MAUREEN HALEY	RUTH LEBOWICH	PAUL ROUSSIN	EDNA M (EDDIE)
DICK COLLINS	LINDA HALL	DORINE LEVINE	FLORENCE SCHINCKE	TUDEHOPE
PAT CONNORS	GARY HEINEMAN	THOMAS LILLIE	JEAN SCHNEIDER	GUILLERMINA
JUDITH CRANE	MARY HEINEMAN	MARY LILLY	HENRIETTA SCHOLTEN	VELASQUEZ
MARV CRIM	CAROLYN HENJES	LENORE LODGE	DAVE SCHOLTEN	DAN WEAKLY
DON DOMAYER	HAROLD HODGES	THOMAS MAGEL	GEORGE SEMPLE	DIANNE WOHLERT
MAXINE EATON	JEANNE HOWREY	LYNDA MARTIN	COLLEEN SERNETT-	CAROLYN WOLF
NANCY EHLERS	ERIC JOHANSEN	JUDY MULLEN	SHADLE	JUDY ZOELLER
DOUG ENGEL	JUDY JOHANSEN	LINDA NEPPER	KRISTINE SHULTS	

Balance Class

Push your balance limits with balance board techniques and drills. These drills will help you coordinate vision, vestibular and tactile reflexes. Starting Tuesday's, **March 3rd, 10th, 17th, and 24th, at 10:00 a.m. Limit 8 to a class; \$30 dollars for the course. Please sign up at the activities table. If you would like more information, please see Pat.**



New Member Group

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



Non-Contact Boxing

Non-contact **Boxing is Fridays, March 6th, 13th, 20th, and 27th at 9:00 a.m.** Exploring non-contact exercise boxing is for both men and women. Learn simple boxing techniques and training. A great workout guaranteed to test your mental and physical exercise limits- sweating guaranteed. **Limit 8 to a class, \$30 dollars for the course. Please sign up at the activities table. If you would like more information, please see Pat.**

Life Serve Blood Drive

Your blood donation to LifeServe will help save lives. Stop by the LifeServe Bloodmobile, which will be here at the Siouxland Center for Active Generations on Monday, March 9th from 10:30 a.m.-1:30 p.m.



In Business Since 1921!

KALINS

INDOOR COMFORT

HEATING & AIR CONDITIONING

Heating • Cooling • Fireplaces

Call 712-252-2000

kalinsindoor.com

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, March 11th**. During the March Genealogy class, Cheryl Kounas will discuss

Five Go-To Sites You Should Consider. Bring the information you have on your family or start from scratch. Cheryl is always there to help you find your family information. Also, feel free to bring your laptop or iPad.



Bridge News

How about starting this new year with learning to play bridge? Leon Koster will start a new beginner class in March, probably on Thursday mornings, but that can be flexible if needed. Intermediate bridge classes continue Monday and Thursday mornings. Game attendance continues to be good despite so many players gone for the winter. There is always room for more players though. We will miss Jeannette Beekman who died after a short battle with cancer. Winter always brings more illness even to the healthy. There is more skill than luck as each player can compare what they accomplish with the same cards played by everyone else that particular session. It's good exercise for the brain. We are so proud to announce that Alice Gross and Scott Sorensen, of Sioux City, were honored in the March issue of Bridge Bulletin, a magazine that goes out to thousands of American Contract Bridge League members. They achieved a 75.4% game in a special nationwide contest on December 16, 2019. They had the highest score of 459.5 pairs who played the same bridge hands on that day. Duplicate bridge is set up so that many pairs play the same hands which are passed around to all players rather than players dealing out cards randomly.

Alice Gross is a retired school teacher who had played duplicate bridge for many years. Scott Sorensen is a retired director of the Sioux City Museum who started playing duplicate bridge only a year ago. Scott came to the Siouxland Center for Active Generations looking for a bridge game. Alice is a natural teacher who helped Scott quickly learn some of the modern bridge bidding tools. They started playing together and soon became a winning pair. The Siouxland Duplicate Bridge Club is proud of their accomplishments and will continue to mentor new bridge players who come out to share their enjoyment of a good bridge game.



Young at Heart Line Dancers

Hello from the Line Dancers!

We are busy practicing old and new dances. Although, our attendance is down because of cold weather, illnesses, surgeries and snowbirds, our enthusiasm is still high as we're able to be together and get some exercise and have fun. Just can't beat that combination!

We are really pleased to have the beginners class join us for several dances, and they will also perform with us at the May Birthday party. Hope to see you at the party!

Sally Kimball



Woodcarving

Spring is near. Want to try something new? 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. The woodcarvers meet on **Monday and Thursday afternoons from 1-3:00 p.m.**, in the craft room.

John Beeson



**Dollar
Per Day
Club**

**Chris Lahn
Kouted Kernals
Nolan & Kelly Lubarski
Diana Howard**

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

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

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

March 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>2</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 "Shall We Dance" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>3</p> <p>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 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>4</p> <p>10:30 a.m. Talk Show "8 Years of Eyecare Mission in El Salvador" with Rod Hefner</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, Women's Pool 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>5</p> <p>1:30 p.m. St. Patrick's Day Craft with Diana (Limit 15)</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>6</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p><i>Featuring "The Wailin' Willies"</i></p>
<p>9</p> <p>9:30 am Grief Support (2nd Monday) 10:30 -1:30 p.m. Life Serve Blood Drive 1:00 pm Birthday Party (2nd Monday) Hosts: Library/Gift Shop Entertainment: Bishop Heelan 'Chorale"</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 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>10</p> <p>10:00 a.m. Balance Builder Workshop (Open to the Public-Sign up.) 10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging 1:30 p.m. Beach Ball Games with BAM (Bickford Assisted Living & Memory Care) (2nd Tues.) (Limit of 15)</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 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>11</p> <p>10:30 a.m. Talk Show "Grow with Us - Siouxland Garden Show" with Katelyn Brinkerhoff from Iowa State University Extension and Outreach Services 1:00 p.m. Genealogy Class (2nd Wed.)</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, Women's Pool 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p>12</p> <p>1:30 p.m. Continental Springs Creations- Shamrock (2nd Thursday) (Limit 15)</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>13</p> <p>10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'Dell's Country Flavor Band"</i></p>
<p>16</p> <p>11:45-12:30 p.m. Free Balance Screening with Lee from ATI Physical Therapy (3rd Monday)</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape)</p>	<p>17</p> <p>10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging 1:00 p.m. Paper Dolls with Vivian Miller (1 of 2- Limit 15) 4:00 p.m. Alzheimer's Support Group (3rd Tuesday)</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</p>	<p>18</p> <p>10:30 a.m. Talk Show "Restaurants" with Tom Munson from the Sioux City Public Museum 1:30 p.m. Coffee & Canvas with Casa De Paz (Sign up- Limit of 12)</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</p>	<p>19</p> <p>11:00 a.m. New Member Coffee (3rd Thursday) 1:00 p.m. Paper Dolls with Vivian Miller (2 of 2- Limit 15)</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate)</p>	<p>20</p> <p>10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging</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</p>

<p>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 "My Sister's Keeper" 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>9:30 am Painting Class 10:00 am Creative Writing 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>9:00 am Chess 9:30 am Painting Class, Women's Pool 10:00 am Chorus 10:00 am Sexy & Fit after 40 12:30 pm 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>9:30 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>9:30 am Get Fit with Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring "Country Brew"</i></p>
<p>23 1:00 p.m. - (4th Monday) Parkinson's Support Group</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 "SEABISCUIT" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>24 10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging</p> <p>1:30 pm . Easter Craft with Diana Sign up -limit of 15</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 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>25 10:30 a.m. Talk Show "Senior Volunteer Programs of Greater Siouxland" with Amy from Senior Companions/Foster Grandparents</p> <p>1:30 p.m. Envelope Art with Vivian Miller (Sign up- Limit of 15)</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, Women's Pool 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>26</p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's & Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>27 10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500, Card Group-(Misc.) 1:00 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring "4 On The Road"</i></p>
<p>30</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class 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 "Mamma Mia" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p>31 10:30 a.m. Tai Chi for Arthritis I with Connections Area Agency on Aging</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 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>			

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

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti Garlic Bread Dessert	3 Pork Loin Mashed Potatoes & Gravy Vegetable Dessert	4 Chicken Parmesan Baked Potato Vegetable Dessert	5 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	6 Tuna & Noodles Vegetable Dessert
9 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	10 Hot Chicken Sandwich Mashed Potatoes & Gravy Vegetable Dessert	11 Pork Roast Potatoes & Carrots Dessert	12 Goulash Garlic Bread Dessert	13 Chicken Pot Pie Dessert
16 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert	17 Corn Beef & Cabbage Potatoes & Carrots Dessert	18 Meatloaf Mashed Potatoes & Gravy Vegetable Dessert	19 Broasted Chicken Mashed Potatoes & Gravy Vegetable Dessert	20 Tavern Tator Tots Dessert
23 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	24 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	25 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	26 Chicken Breast Rice Vegetable Dessert	27 Chili Dog French Fries Dessert
30 Goulash Garlic Bread Dessert	31 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert	April 1 Pork Chop Mashed Potatoes & Gravy Vegetable Dessert	April 2 Chicken & Noodles Mashed Potatoes & Gravy Vegetable Dessert	April 3 Pizza Dessert

Welcome to the Library

Welcome to the Library
Did you recognize our February volunteer as Grace Wagoner? If so, you were right.

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

In March, our Book Club will be part of "Sioux City Reads". Kelsey from The Sioux City Public Library will be joining us to review "The Line Becomes a River" by Francisco Cantu'. We will meet **March 5th at 10:00 a.m.** in the Library. Spring is almost here and not too soon. Enjoy!



See you in the library.
Helen Eriksen

March Dances

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

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

Members entry fee is \$3.00, Non-Members fee is \$6.00. We accept cash only.

- March 6th The Wailin' Willies
- March 13th Jerry O'Dell's Country Flavor Band
- March 20th Country Brew
- March 27th 4 on the Road

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



Marilyn's Sit and Sip Coffee Shop News

Thank you to all our volunteers for stepping up and covering the Sit and Sip! **We appreciate you all!**

Marilyn will be having a **Bakesale on Tuesday, April 7th** throughout the day.

Donations of flour, sugar, eggs and pie fillings are greatly appreciated.

Our coffee shop is in need of additional support, especially in the mornings from 8:00-10:30 a.m. If you can volunteer one or more days or even hours, please contact Michelle.

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

Wii Bowling/Golf

Fun & Excitement await you here, from picking up splits, spares, strikes or even bowling a perfect game. We play against our own scores to improve our games, not against others. It is an up and down game. However, we do help each other out in the game and have a great time.

We play 3 games of Wii Bowling and then one game of Golf. Golf is a nice change from Wii Bowling and is challenging, but also very exciting, especially when someone gets a birdie!

New members are always welcome to come join in the fun or to just watch. Feel free to stop in on **Mondays and Fridays from 9:30-11:30 a.m.**, in the Bingo room. Hope to see you there!

Jackie Busch

Jazz Dancercise

Jazz Dancercise is **cancelled** until further notice. Check back at a later date for updates.

Chair Yoga



Chair Yoga is for everyone to gain the benefits of strengthening, loosening and stretching painful muscles, and improving circulation. It can also reduce anxiety, helps lower blood pressure and builds balance. Chair Yoga is practiced sitting in a chair and standing using a chair for support. The number one priority is being safe and comfortable.

We start with a warmup that includes breathing.

A yogi measures the span of life by the number of breaths, not by the number of years. (Swami Sivananda) It is said, that if you breathe 15 times per minute you will live to 75 or 80 years. If you breathe 10 times per minute you will live to 100.

We start with breathing, bringing an awareness to our breathing. We consciously inhale and exhale, slowing the breathing, working on increasing the length of our exhale.

The breathing and slow movements initially help build up the heat in our body to prepare for more intense movements during the work phase of our practice.

Come join our Chair Yoga class so you can see the benefits of breathing on your physical and mental state. We meet on Friday mornings at 10:00 a.m., in the exercise room.

Kaye Plantenberg

Grief Support Program

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

Siouxland Parkinson's Support Group

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

Alzheimer's Support Group

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

Misc. Card Group

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

Center Policy on Adverse Weather Conditions:



Please remember, if the Sioux City Community School District cancels school, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start, we also will have a late start. Please stay tuned to your local T.V. and radio stations for the latest information.

FOULK BROS.
PLUMBING AND HEATING, INC.
 322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

R. PRESCOTT & SONS
 Plumbing & Heating Co.
 Commercial & Residential Repairing
NO JOB TOO SMALL
NO JOB TOO LARGE **276-7014**



Here For You

Whether you need short-term rehabilitation to get you back on your feet or decide to call Regency Square home, we're here for you.

Make Regency Square your place to live and be happy.

Regency Square
 A Health Services campus
 402.494.4273 | regencysquareseeniroliving.com

LEWIS ELECTRIC CO.
 508 S Flynn St.
 North Sioux City, SD 57049
Estimates Gladly Given
Ph. 252-2785

AMERICAN
 Home Health Care Co.
 "Products you need, from the people you know."
SALES • RENTALS • REPAIRS
 Free Delivery & Set-Up

- Hospital Beds • Ostomy supplies • Bath equipment
- Wheelchairs • Oxygen • Diabetic shoes
- 3-wheel scooters • Breast prosthesis • Electric beds
- Patient lift chairs • Commodes • Much more

214 W. 7th Street • 800-217-2275
712-277-2273
 Answered 24 hours a day

SUTER
C.W. SUTER SERVICES
 Service that Suits You!

Heating & Cooling We Service All Makes
 Duct Cleaning FREE Estimates
 24 Hour Service

LENNOX

Call 252-3007 or visit us online at www.cwsuter.com

Body & Frame Repair

Sioux Body Shop
 501 West 8th St.
 (712) 255-7172

FAREWAY
ECONOMICAL FOOD STORES

4016 Indian Hills
 Grocery • 239-0528
 Meat • 239-0529

STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at www.sioux-city.org/services

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



March 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:

- Mar 3rd..... Working Women's Day
- Mar 10th... Girl Scouts of America
- Mar 17th.. Should America fund Space Travel?
- Mar 24th... Describe events at the Circus
- Mar 31st.... Describe Spring Days

- 6. March 8th is "Daylight Savings Time", since 1918.
- 7. Only 55% of Americans know the sun is a star.

A MARCH POEM

"March comes with a roar.
 He rattles your windows and scratches at your door.
 He turns snow to mud,
 then tromps across your floor.
 March comes with winter
 clinging to his tail.
 He scatters sleet and sometimes hail."
 (Marion Bauer)

CHANGE CLOCKS: MARCH 8TH, 2020, AND FORWARD BY 1 HOUR. (WE WILL LOSE AN HOUR OF SLEEP)

~ Alice Reeg, Creative Writing

Movies for March: 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.*

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!



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
 1019 Jones Street • Sioux City, Iowa
 (712) 255-3665

"Providing for others what we expect for ourselves."

Penny Bingo



I would like to thank everyone that helped with the Gag Gift Bingo on Feb 4th! We had 26 people come and that was a lot of fun! We will play Gag Gift Bingo the first Tuesday of every month. Please stop by Bingo and we will explain it.

Bingo is played 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.

Lola Balstad

WE REMEMBER

KATIE CODINA

JEANNETTE BEEKMAN

JOAN LEE

MEMORIALS

For: Jeannette Beekman

From: Bob & Carol Krumwiede

Alice Gross

Susan Wollesen

Darlene Coulsen

For: Joan Worden Lee

Remembered and honored with love from her Husband, Robert Lee and family.



Balance Builder Workshop



Silver Sneakers is hosting a Balance Builder Workshop on Tuesday, March 10th from 10:00-11:00 a.m. here at the Center. Please feel free to share with friends and family as this event is open to the public. However, if you plan on attending please sign up at the activities table or call 712-255-1729 and we can sign you up.

1. Always consult your physician before engaging in an exercise program.

SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2018 Tivity Health, Inc. All rights reserved.

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.



MARCH BIRTHDAYS

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

- | | | |
|--------------------|---------------------|------------------------|
| Mary Aesoph | Leah Haafke | Arlene Nyreen |
| Donna Ailts | Debra Harding | Jill Onyegbule |
| Mark Bahmer | Donnette Hatch | Susan Peete |
| Lola Balstad | Harold Heiden | Jean Peterson |
| John Bartholomew | Cindy Hofmeister | Vicki Porter |
| Claudia Blenderman | Nadine Holst | IRENE PRINCE |
| Lynn Blomberg | Rosalie Horsted | Dennis Quinn |
| Mary Bottjen | Vernon Hughes | Connie Rathgeber |
| Larry Bower | Deanna Lee Jacobs | Sonnie Robbins |
| Barb Bradshaw | MILDRED JENSEN | Lois Rohmiller |
| DyAnne Broveak | Kenneth Johns | Richard Sams |
| Jan Burke | Betty Ann Johnson | Colleen Sernett-Shadle |
| Sandy Call | HARLAND JOHNSON | Karen Sherrill |
| Dan Chapman | Lynn Johnson | David Silverberg |
| Kent Claus | Carol Kelzer | Michael A Rev Smith |
| Norma Colt | Linda King | Willard Snyder |
| Marv Crim | Charolette Kock | Esther Sorenson |
| Beverly Crum | Darrell Krommenhoek | Helen St.Peter |
| OPAL CUSTER | James Kuhl | Dean Stoll |
| Kathleen Determann | Vincent LaFleur | Ramona Sweeney |
| Leon Doxtad | GERALD LAEDTKE | Clifford Tague |
| Mike Duggan | Richard Lester | Bill Trotter |
| Sandy Duhaime | Sharon Lillie | Maxine Van Klompenburg |
| Rhodney Duncan | Lois Lubben | Roger Van Klompenburg |
| Margaret Fenton | BILL LYLE | James Walsh |
| William Ferguson | Joanne McArthur | Mary Walsh |
| Betty Fisher | Connie Merrill | Delores Watkins |
| Emily Frady | Carolynn Sue Miller | Mandy White |
| Anita Gaswint | Ronald Mueller | Scott Younie |
| Rita Gill | Donald Naylor | Paul Zielezinski |
| Rose Gilson | Margaret Neely | |
| John Graser | Rhonda Nobis | |

NEW MEMBERS

- JOE ALLEN
- LORI BAXTER
- TIM BELL
- CHARLENE BERGER
- MARILYN BERKE
- KEN BIGGERSTAFF
- JACKIE BIGGERSTAFF
- SAM BIRMINGHAM
- TOM BROWN
- JOHN COLE
- NORMA COLT
- LESLIE DAVIS
- JIM DAVIS
- MIKE DUGGAN
- LAVONNE ELMORE
- GARY FINKEN
- FRED FORNEY
- JUDY FRYE
- RHODA GANZEL
- ROGER GASWINT
- ANITA GASWINT
- RITA GILL
- JOHN GLAZA
- COREY GOODRUN
- FRANKIE GROSS
- NEIL GROSS
- BILL HAAFKKE
- CLEO HARDER
- DIANA HOLGATE
- ROBERT HOLSINGER
- GRACE KAVANAUGH
- DANIEL KOHN
- ANITA KOONTZ
- DOUGLAS ALAN LEHMAN
- DARLENE LIMOGES
- KAREN MCCUNE
- MICHELE MCDEVITT
- DAVID MCDEVITT
- DENISE MEYERS
- KAY MORELAND
- KAY PECAUT
- GLORIA PETERSON
- MARY REIVA
- MICHAEL RICHTER
- STEVE ROGERS
- RICH ROSENBAUM
- ROBERT RUHLAND
- PAUL SKELTON
- KELLIE STEVENS
- DIANA STOKES
- MADONNA STRAIN
- LINDA SWANBERG
- RAMONA SWEENEY
- DIANE WERTZ
- LORRAINE WOODFORD

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,
keyword: Bladder Health

SANFORD
WOMEN'S

001-00783 Rev. 9/19

Record Printing
 1117 Villa Ave • Sioux City, IA 51103
 (712) 252-0563 • (712) 252-0100
 www.recordprinting.com

J&J Coins & Collectibles
 Buying & Selling Coins, Currency,
 Postcards, Stamps, Antiques, Precious Metals
 We Do Appraisals!
 712-274-9195 901 S. Cecelia
 800-397-9053 Sioux City, IA 51106

Mon.-Fri. 10-8p.m. Sat. 10-6p.m.
Peters Park Flea Market
 Sioux City, Ia
 3938 Transit Ave. 276-7000
 Sun. Noon-5p.m.
 Collectibles
 Antiques
 Booths Available
 Furniture

Drilling Pharmacy 4010 Morningside Ave
 Where You're Part Of The Family
Free Delivery 276-4621
 Hours: Mon-Fri 9-8
 Sat 9-5 • Sun 9-1

1, 2, 3 BR Luxury Apt. Homes
 FREE Heat, Appliances Furnished, incl. W/D
Dakota Pointe Apartments
 208 E. 39th St. • South Sioux City, NE
 402-494-8210 • www.vbclink.com

GRAHAM
TIRE & AUTOMOTIVE SERVICE
 3480 Gordon • Sioux City, IA • 712-274-2024

ROTO-ROOTER Pat Brown
 SEWER-DRAIN SERVICE
 Senior citizens discount \$5 off any service call.
 712.276.7329

YOUR ONE STOP SHOP
 TWO SIOUX CITY LOCATIONS TO SERVE YOU!
 1732 HAMILTON BLVD. & 5901 GORDON DR

TRUGREEN
 601 Main Street • Sioux City, IA 51103
 712-279-9553 • 888-336-4664
 An Independently Licensed Franchise

The **Sunshine News** is published by the:

Siouxland Center for Active Generations
 313 Cook Street
 Sioux City, Iowa 51103
 TELEPHONE 712-255-1729

Non-Profit Organization
 U.S. Postage
PAID
 Sioux City, Iowa
 Permit No. 138

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

January

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

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