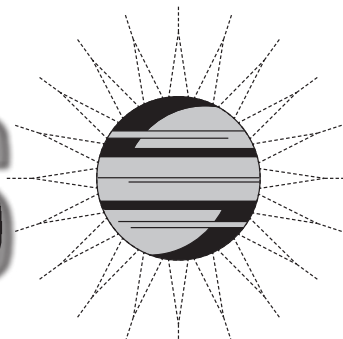


SUNSHINE NEWS

NOVEMBER 2019



Telephone
712-255-1729

Number
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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

Program Spotlight: Ron's Painting Class



This month's Program Spotlight highlights The Center's Art Programming. Ron McKewon is our painting instructor and has been a member here at the center since 1999. As an accomplished Western and Wildlife artist, his love of art brought him here to the Center to share his talent with anyone wanting to "Experience the joy of painting". Ron comments that because of work, family, and other responsibilities, many people just haven't had the time to attend Art classes. However, in retirement, many are looking for an activity that interests them. He encourages everyone to join him as he guides students through painting classes. You need not be an experienced artist to join, and beginners are welcome! Many of his students, over the years, have never painted before, and they are turning out some

beautiful work! So, if you'd like to meet new friends and experience the joy of painting, "Now is the time!" to join Ron and his class. They meet every Tuesday and Wednesday morning at 9:30, and Tuesday afternoons at 1:00.

The Painting Class members will be hosting the November birthday party at 1:00 pm on November 11th. They invite you to join them and celebrate the November birthdays together!

Christmas Party

Share the joy of Christmas and celebrate the season with your friends at the Center. The Christmas party will be **Wednesday, December 18th from 1:00 to 2:30 p.m.** Admission is \$3.00 per person. Tickets will go on sale in the middle of November.

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 am - noon.

The Center will be closing at 4:30 p.m. on Wednesday, November 27th.

We will be closed on Thanksgiving Day- Thursday, November 28th & Friday, November 29th. We will be open on Saturday, November 30th from 9:00 a.m. -12:00 noon. We will open back up for normal business hours on Monday, December 2.



\$2.00 Biscuits and Gravy



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



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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

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712-255-1729
Monday - Thursday
8 a.m. - 6 p.m.
Friday
8 a.m. - 4:30 p.m.

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Heritage Hobbies

What an enjoyable time our members had making adorable Candy Corn Jars with Justine, from **The Heritage at Northern Hills**. The next project they have planned is on **Monday, November 18th at 3:30 p.m.** If you would like to join Jeana and Justine for a fun filled time making a mason jar candle, **please sign up at the activities table. (Limit of 15.)**



Big Word Small Word with BAM

Our members had a supercalifragilisticexpialidocious fun time playing with Beachballs and Balloons, with Trisha and Deb, from **Bickford Assisted Living and Memory Care**. There was so much excitement! The next BAM activity is Big Word Small Word, which will be held on **Tuesday, November 12th, from 1:30 -2:30 pm.**



You are guaranteed to have a wonderful time!

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

Crafts with Anna

Many of you have had the pleasure of meeting Anna. She has volunteered at AG for many events. She did a fabulous job announcing this year's 36th Annual Fall Follies! Anna comes to us from **Floyd Place Senior Living**. For the last year, Anna has conducted the craft class at the Center monthly on the 4th Wednesday of the month. **Floyd Place** supplies anything needed for the crafts. You just need to be a member to attend. For the November class we will be making Pony Bead Indian Corn on **Wednesday, November 27th at 1:00 p.m.**

If you would like to participate, please sign up at the activities table. (Limit is 35.)





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Active Generations Wish List

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

Gifts & Donations

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

Alice Reeg	Gayla Saxton	Linda Deabler
Alvin Johnson	George Polak	Liz Blachnik
Anna Kounas	Helen Erickson	Lola Balstad
Audrey Ercolini	Jane Henderson	Lydia Torres
Bev Hall	Jeanine Newton	Marilyn Haller
BJ Heitzman	Jo Hanshaw	Michele Haitz
Bonnie Jonas	Joanne Peters	Miriam Clayton
Candace Broveak	Joseph Horak	Normagene Hughes
Carolyn Bauer	Judy Pierce	Sally Kimball
Craig & Marti Lafferty	Judy Rehurek	Sherry Evans
Darlene Burson	Julie Brown	Shirley Mattes
Dawna Zullo	Karen Balstad	Siouxland Duplicate Bridge Group
Deanna & Tom Jacobs	Kathie Kobernus	Sue Levay
Donna Vitzthum	Kathy Johnson	Sue Jones
Doris Parsons	Kristina Yezdimer	Toots Pittman
Elaine Waskow	Kristine Bergstrom	Vicki Jacobs
Evey Thompson	Lillie Rundall	
Franklin Morse	Linda Beeson	

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

Alzheimer's Association	Floyd Place Senior Living	Palmer Olde Tyme Candy
Bickford Cottages	Heritage Northern Hills	Regency Square
Bill Foulk	Holy Spirit	The Sugar Shack
Care Initiatives Hospice	Humana	Touchstone Healthcare
Caribou Coffee	HyVee - Hamilton	Community
Casa De Paz	Koated Kernels	Whispering Creek
Fibercom	Meridian Clinical	

Bronze Level Sponsors

Dr. Michael Nguyen
Dr. Espiritu

Dr. Kensinger
First Premier Bank

S.C. Noon Lions Club
Mercy One

Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

Siouxland Center for Active Generations Investment Fund

313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

New Member Group

Siouxland Center for Active Generations will host a monthly coffee gathering for new members. This gathering will be held on the third Thursday of each month. "This is a new event for our Center", stated Patrick Tomscha. "Our board of directors wants to make sure that new members have the opportunity to visit with other new members and hear of the many opportunities that are available." Our next coffee will be held on **November 21, at 10:30 a.m.**

Free Balance Screening

ATI Physical Therapy will be coming here on **Monday, November 18, 11:45-12:30 p.m.** Blake will be offering free balance screenings and answering any questions about physical therapy.

Health Screenings

Briar Cliff University physical therapy students and faculty will be here to perform health screenings from **9:30 -11:00 a.m. and 12:30-2:00 p.m. on November 8th, 2019.** Come get a health screening by a physical therapy student! The screening will take about 20 minutes to complete and your results will be discussed with you at the end.

Sign-up is limited. Contact Michelle to reserve your spot, 712-255-1729, or sign up at the activities table!

Round Up Time

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

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



Siouxland Parkinson's Support Group

We have a Parkinson's support group that meets the **4th Monday of each month at 1 pm.** However, there **WILL NOT be a support group in the month of November or December.**

The next Parkinson's support group is scheduled on **JANUARY 27TH.** It is available for our members, and open to the public. All are welcome.



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

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

Rock Steady Boxing

Update - Siouxland Center for Active Generations is accepting new boxers for its Sioux City Rock Steady Boxing program. According to Patrick Tomscha, "We have started the training and have had positive feedback. As with any new programs we are working out a few details, but overwhelmingly our boxers were excited to start". This nationally recognized program improves the quality of life of Parkinson's diagnosed individuals through no-contact boxing and fitness training. Classes will be available twice a week on Tuesdays and Thursdays at 10:00 AM for a nominal cost. To find out more on supporting the program or participating see Pat.

Treats

Two of our community partners will be coming to the Center in November with treats. On **Tuesday, November 12th at 9:30 a.m.** Brad with **Touchstone Healthcare Community** will be here with hot chocolate and toast.

On **Thursday, November 21st 11:30 a.m.,** Anna from **Floyd Place Senior Living** will be here providing us with hot apple cider. **Stop by and say Hi and pick up your complimentary treat.**

Yoga with Amanda

Beginning Tuesday, November 26th, Amanda will not be here to instruct the Yoga with Amanda class, on Tuesdays at 9:00-10:00 a.m. Amanda will be returning on Tuesday, January 14th, 2020. Feel free to use Yoga tapes for the class starting November 26 until Amanda returns on January 14th.

Karaoke

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

Healthy Cooking with the Y

Thank you, Deanna and Tom, for facilitating the previous **Healthy Cooking with the Y** class. We had the pleasure of trying another hit recipe of Deanna's: Cheesy Chicken Enchilada Soup-Yummy! Last but not least, thank you to the YMCA for sponsoring the class. We appreciate the support!

The next class is **Tuesday, November 26th at 3:00. p.m.** If you plan to attend, please sign up at the activities table, or call 712-255-1729, and we will sign you up. (Limit is 20).



Get Creative with the Sioux City Art Center

Debra Marqusee, with the **Sioux City Art Center**, will be conducting a community outreach workshop for our members on **Wednesday, November 13th at 1:00 p.m.**, here at the Center. The art project is Chihuly inspired holiday ornaments. Students will be creating these ornaments using melted plastic, glass paint, glitter and metallic markers. Deb said she knows everyone will enjoy this creative project, because it is so much fun to make! **If you would like to participate, please sign up at the activities table. (Limit of 20.)**



Tai Chi Fans

There will be a beginner Tai Chi Fans group that meets **Mondays at 11:00-11:30 a.m.** If you would like a set of fans, the cost is \$20, and may be purchased through Pam Stephan. Come join in on the fun!

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Life Serve Blood Drive

Your blood donation to LifeServe will help save your neighbor, a friend, family member, or a stranger on the street in YOUR community. Stop by the LifeServe Bloodmobile, which will be here at the Siouxland Center for Active Generations on **Wednesday, November 27, 2019 from 10:30 a.m.-2:00 p.m.**

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MERIDIAN

November Yearly Membership Anniversaries

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

JUDY ALVIS	SHIRLEY GREEN	DORIS LINDGREN	ALICE SPERAW
CLARENCE BACKER	STEVEN GROVE	MARY MARSH	JULIE STEWART
SHAR BONNEMA	JEFFREY HACKETT	GARY MASSEY	HARVEY STOKES
JACK BREEN	MARCELLA HAMM	BARBARA MCKENNEY	DOROTHY SWANSON
JAMES BROWNLEE	PAULA HARRIGFELD	SOPHIE MILBRODT	MERLE TEUPEL
LARRY CARVER	RODNEY HOAAS	DENNIS MILBRODT	SHARYN VOLK
DONALD CASADAY	MILDRED JENSEN	BOB NAIRN	LOIS WARD
DAN CHAPMAN	BONNIE L JOHNSON	JOANNE OLSON	CAROL WASSMUTH
VALERIE CONAWAY COTE	BONNIE JONAS	BARBARA PITTS	RALPH WEBB
SUSAN DANILSON	SHARON ELAINE JUNG	KAY REYNOLDS	JEANETTE WENDT
MIKE DOLPHIN	SHAREN KALLHOFF	RONALD ROHLENA	RONALD WENDT
AGNES DONOVAN	LINDA KEMPERS	SUE SCHMEDINGHOFF	LINDA WHITE
GERRY FITZPATRICK	SANDI KIMPSON	MARY ELLEN SILVERBERG	PATRICIA WINDESHAUSEN
CAROLE FOSTER	PAMELA KRATZ	THERESA SKOW	BOB WOLF
JAN GRAMM	DEE LILLIE	DENNIS LEE SMITH	LOIS ZUNKER



November 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:

Nov. 5th.....If Scarecrows Could Talk, What Would They Say?

Nov. 12th...Memories of World War II or the Vietnam War!

Nov. 19th...What Is Your Advice to Save Money?

Nov. 26th...List Things That You Are Thankful For!

NOVEMBER THOUGHTS AND FACTS:

1. November is the last full month of autumn
2. In November, the Bell telephone company introduced the push button telephone in 1963.
3. In November, 1935, the Parker Brothers introduced to the world the Monopoly Game.
4. On November 11, we honor veterans on Veterans' Day

A November English Folksong:
 "Over the river and through the woods, trot fast my dapple gray,
 Spring over the ground like a hunting hound,
 On this Thanksgiving Day. Over the river and through the woods
 Now Grandmother's face I spy.
 Hurrah for the fun, is the pudding done? Hurrah for the pumpkin pie"

BLACK FRIDAY IS NOVEMBER 29TH, THE DAY AFTER THANKSGIVING, SALES WILL BEGIN EARLY ON THE AFTERNOON OF THANKSGIVING. EARLY ON LINE SALES WILL BEGIN BEFORE THANKSGIVING.

- Alice Reeg, Creative Writing

Welcome to the Library

We have books for sale all the time. Hard covered books are 50 cents and paper backs are 25 cents.

Our Book Club selection for November is going to be a choice of one of these three books:

- If I Live, If I Run, If I'm Found, all by Terri Blackstock.

We will meet **November 7th at 10:00 a.m.** in the library.

Now we get to enjoy Fall and the beautiful colors of nature. See you in the library.

Helen Eriksen

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Cooking with Brad

Join Brad, with **Touchstone**, as we cook up a storm here. You don't have to bring anything but a smile, as **Touchstone Health Care Community** provides everything needed for this cooking class. You only need to be a member to attend.



Of course, we want you to come and join in the fun, but we ask that you sign up at the activities table. **(Limit is 25)**

November's Touchstone Cooking Class schedule:

- Tuesday, November 5th, at 3:00 p.m. – Taco/Ham & Pickles Pin Wheels.
- Tuesday, November 19th at 3:00 p.m. – Chocolate Covered Cherry Cupcakes.

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

November Talk Shows at 10:30 a.m.

Wednesday, November 6th “Animal Communication: What your animals are saying”, with Mary Fuxa from Body Works

Wednesday, November 13th: “Siouxland Tanzania Education Medical Ministry”, with Melanie Berte-Hickey from BCU, Assistant Professor of Social Work

Wednesday, November 20th: “Your Retirement Road Map: Medicare and Medicaid”, with Jason Dunlap from Countryside Health Care Center

Wednesday, November 27th: NO TALK SHOW

Lap Dawgs

Another great month, Lap Dawgs! For the month of September, we walked 9017 laps for a total of 722 miles. Keep up the good work, Pups!

Leader of the Pack

November Dances

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

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

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

We accept cash only.

- November 1st - Jerry O'Dell's Country Flavor Band
- November 8th – Country Brew
- November 15th – **Triple Threat – No cover charge:**
- November 22nd – 4 on the Road
- November 29th – No Dance-Center is closed

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

Thankful Tree/Snowman Sock

Come and meet Becky from **Continental Springs Nursing Rehabilitation Senior Living**. Continental is the treat provider for our November birthday party on Monday, November 11th,

Becky is excited to be hosting some events here at the Center.

She will be having a couple of activities in the future for members to partake in.

Thankful Tree: Tuesday, November 5th at 9:30 a.m. (Limit of 15)

Snowman Sock: Tuesday, December 3rd at 9:30 a.m. (Limit of 20)

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



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Jim & Helen Anderson
Thomas & Carol Houchins
Farrell's Heating & AC
Marc & Ellen Christofferson
Richard Boyle

Star Lawn Care
Meyer Brothers Funeral Homes
Lite-Form Technologies
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Nolan & Kelly Lubarski


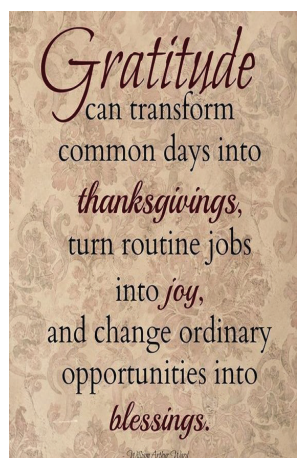
Elevate Church
Diana Howard
Joseph Donovan
Global Foods
Thompson Electric

Andrea Rathgeber
Paul Gregory
Tom & Deanna Jacobs
Joel Jarman
Barney Pottebaum

November 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am –11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance <i>Featuring “ Jerry O’Dell’s Country Flavor Band”</i>
4 8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie “Mall Cop” 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	5 <i>9:30 a.m. Thankful Tree with Becky from Continental Springs (Limit of 15)</i> <i>3:00 pm Cooking with Brad “ Taco/Ham & Pickles Pin Wheels” (1st & 3rd Tues.) Sign up –limit of 25</i> 8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength	6 <i>10:30 a.m. Talk Show “ Animal Communication: What are Your Animals Saying” with Mary Fuxa from Body Works</i> <i>10:30 a.m. New Life Band -Entertaining Us</i> 2:00 p.m. BCU Social Group –Should You Be Happy or Broke? Economic & Social Concerns for Life 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500, Coloring Corner, Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class	7 1:00 –2:00pm Open Door Time with Pat 8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men’s & Women’s Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength	8 <i>9:30-11:00 a.m. & 12:30-2:00 p.m. BCU Health Screening with Physical Therapy Students</i> 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am –11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance <i>Featuring “ Country Brew</i>
11 <i>9:30 am Grief Support (2nd Monday)</i> <i>1:00 pm Birthday Party (2nd Monday)</i> <i>Hosts: Ron’s Painting Class</i> <i>Entertainment: Ballroom/Merry Go Rounders</i> <i>2:00 p.m. BCU Social Group Food and Traditions</i> 8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced)	12 <i>1:30 p.m. Big Word Small Word with BAM (Bickford Assisted Living and Memory Care) (2nd Tues.) (Limit of 15)</i> 8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo	13 <i>10:30 a.m. Talk Show “ STEMM” with Melanie Berte-Hickey</i> <i>1:00 p.m. Genealogy Class (2nd Wed.)</i> <i>1:00 p.m. Sioux City Art Center” Ornament (Sign up –limit of 20)</i> <i>2:00 p.m. BCU Social Group Coping Wheel of Fortune</i> 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch	14 <i>9:30 a.m. Brunch & Learn- “Bone Health” with Nicholas from OsteoStong</i> “ <i>1:00 –2:00pm</i> Open Door Time with Pat 8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch	15 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

<p>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>12:30 pm Penny Bingo 12:30 pm Pitch 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>11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 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>12:30 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>12:30 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Triple Threat-Free Will Donation at Door"</i></p>
<p>18</p> <p>11:45-12:30 p.m. <i>Free Balance Screening with Blake from ATI Physical Therapy (3rd Monday)</i></p> <p>3:30 pm <i>Heritage Hobbies (3rd Monday every other month) Sign up –limit of 15</i></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "The Lucky Ones" 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>19</p> <p>3:00 pm <i>Cooking with Brad "Chocolate Covered Cherry Cupcakes" (1st & 3rd Tues.) Sign up –limit of 25</i></p> <p>4:00 p.m. <i>Alzheimer's Support Group (3rd Tuesday)</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>20</p> <p>10:30 a.m. <i>Talk Show "Your Retirement Road Map: Medicare and Medicaid" with Jason Dunlap from Countryside</i></p> <p>2:00 p.m. <i>BCU Social Group –Gender Roles: What's the Same? What's Different?</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 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>21</p> <p>1:00 –2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 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>22</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am –11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "4 On the Road"</i></p>
<p>25</p> <p>1:00 p.m. – (4th Monday) NO GROUP IN NOV. OR DEC. Parkinson's Support Group – Returning JANUARY 27TH.</p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Stranger than Fiction" 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>26</p> <p>3:00 pm <i>Healthy Cooking with the Y (4th Tuesday) Sign up –limit of 20</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p>27</p> <p>10:30 a.m. <i>NO Talk Show</i> 10:30 a.m -2:00 p.m. <i>Blood Drive</i></p> <p>1:00 p.m. <i>Crafts with Anna "Pony Bead Indian Corn" (4th Wed.) Sign up –limit of 35</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 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>28</p> <p><i>Center is Closed</i></p> 	<p>29</p> <p><i>Center is Closed</i></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

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pork Tenderloin Sandwich French Fries Dessert
4 Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable Dessert	5 Pork Roast Potatoes & Carrots Dessert	6 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	7 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	8 Beef Stew Dessert
11 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	12 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	13 Goulash Garlic Bread Dessert	14 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	15 Fried Chicken Sandwich Onion Rings Dessert
18 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert	19 Meatloaf Baked Potato Vegetable Dessert	20 Vegetable Beef Soup Ham Salad Sandwich Dessert	21 Broasted Chicken Mashed Potatoes & Gravy Vegetable Dessert	22 Tavern Potato Logs Dessert
25 Potato Soup Chicken Salad Sandwich Dessert	26 Goulash Garlic Bread Dessert	27 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	28 CLOSED Have a great Thanksgiving	29 CLOSED

November Brunch & Learn – "Bone Health"

Thursday, November 14th: 9:30 a.m.

OsteoStrong Wellness Center

Free Brunch & Learn "OsteoStrong is a unique place where you can go to improve your overall health by focusing on the one thing that we all have in common: a skeletal system." (Pre-registration required)

OsteoStrong is a wellness center that dramatically improves balance, strength, and bone density for people of all ages and fitness levels. Come hear how the new center in Sioux City can benefit you!

If you plan on attending the brunch and learn, please sign up at the activities table or call 712-255-1729 and we can get you registered.

Bridge News

We welcomed back Marsha Neff who formerly played with us and moved away. We're delighted to have her back. We have another new member who recently moved from Tulsa. Life Master Diane Bostic and Marsha may become a new successful pair. Attendance at games and classes have been very good. The more we know, the better we can play. The better we play, the more fun! It's not too late to join the beginner class if you already know how to play bridge & want to upgrade your game. We are working on responses to No Trump right now. We will hold our annual holiday party and game in December. It's always fun when the beginners get to mingle with the regular players and find new friends and sometimes find some of their old friends who are already playing duplicate bridge.

Sioux City Musketeers Tickets



Sioux City Musketeers announced their "Flex" Tickets - a fundraising program for *Siouxland Center for Active Generations*. The tickets are "flex" to be used at any regular-season game, and any seat in the house.

Each ticket/seat bought through the SCAG can be redeemed, and/or changed, at the Tyson Events Center box office. Ticket prices are \$15 with \$5 being donated to our Center- Let's go Muskies!! - Contact the office for your tickets.

Grief Support Program

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

Genealogy Class

Come learn how to trace your family back in time. The next Genealogy Class meets **1:00 - 2:30 p.m. on Wednesday, November 13th**. With Veterans Day being on Monday, November 11th, Cheryl Kounas has chosen to research Wars of the Past for the November class.

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



Recycle Your Batteries

Thirty-five pounds of batteries were recently turned in to recycle and kept out of the environment. Thank You!

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

Movies for November: Siouxland Hearing Healthcare Room

See the Calendar for Titles

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

Penny Bingo

There are not enough words to thank everyone that has volunteered their time to keep Bingo going! We appreciate you all!

Bingo meets on **Tuesdays and Thursdays, from 8:30 –11:30 a.m. and 12:30– 2:30 p.m.** You may purchase a card for 1 cent per card, and you can play up to 6 cards. We also play 2 paper card games with a good pay-back. One game is during the morning, and one during the afternoon. Come join us for a good time by all.

Lola Balstad



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.

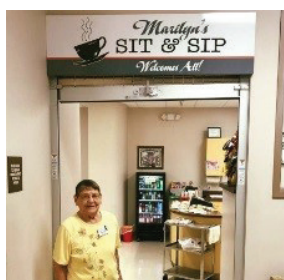
Marilyn's Sit and Sip

I had a bake sale during the Lions Club Pancake Days, and we did well. So, all the baking that I, and others, did was well worth it. Thank you to those that baked and donated baking ingredients!

I am having a birthday soon, so I had to get my driver license renewed, which had me nervous, but I got it without any trouble.

I started making soup on Thursdays at the beginning of October, and many people are very happy about that. We have been busy, and things have been going well at the Coffee Shop. As always, I thank you all for coming to the Coffee Shop!

Marilyn Haller



Ho Ho Ho!

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



Get Your Raffle Tickets Now!!

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

The drawing will be held on Friday, November 22nd at the dance. You do not have to be present to win, but we would enjoy having you at the dance.

See you in the Gift Shop

At the Gift Shop, we have a variety of items from jewelry and glassware to purses, greeting cards, puzzles, and much more. Visit our Gift Shop to donate, shop, or just stop in to visit for a bit. Our shelves have space for any treasures you may no longer need, and we are happy to take them off your hands. (no TV's, large appliances or clothing please.) Remember, the Gift Shop is open to members and non-members alike. We have a lot to offer, and we love your patronage.

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The New Life Band

Join us to support this group of
talented musicians from Tanzania who
come as ambassadors for peace and
forgiveness!

**November 6th, 10:30 – 12:00 noon,
at the Center.**

Visit newlifeband.org for more
information.

**SHARE THIS HOLIDAY SEASON**

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

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

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

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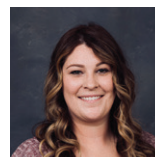
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"Providing for others what we expect for ourselves."

Enter 90....

This month we celebrate a milestone with member Andy Robak, who was born in Glen Lyon, Pennsylvania on Nov. 5, 1929. Growing up with 2 brothers and 4 sisters, in a small coal mining town in a valley in Pennsylvania, Andy recalls playing at the sandlot, basketball and a game called Spring. He comments that the greatest change he has seen over the years is the increase of cars and the cost of everything, along with better communication options.

After attending elementary and high school in Pennsylvania, he went on to UNO, and later worked as a computer technician for IBM in Omaha and Sioux City. He was in the Air Force from 1948 to 1954, serving as an instructor and IBM service man. In 1950 he married Marjorie A. Sammons, and has been blessed with five sons, one daughter, twenty grandchildren, and twelve great grandchildren.

Andy enjoys music, dancing, karaoke, exercise and spending time with his family. He mentions the thing in his life he is most proud of are his 6 children and their accomplishments. When asked what he believes the secret to living to be 90 years old is, he replies with "Don't spend more than you earn, exercise some every day, eat healthy, have a positive attitude, and do activities that are fun".

Andy plans to celebrate his 90th birthday with a Western Caribbean Cruise.

Active Generations wishes you a Happy Birthday, Andy!



Chorus News

Great news! New members are coming to enjoy the sounds of our Chorus.... *THE MORE THE MERRIER, AND BETTER THE SOUND!* We welcome additional members, and we are hopeful to get more male vocalists. That would always be a plus. We would LOVE to have a LARGE chorus.

Sandy Call, our excellent accompanist, will be director for the holiday season festivities. The Chorus will be our entertainment at the Christmas party again this year, and we always have SUCH FUN. The Christmas season is a special one for all! Everyone loves the songs, and they refresh our spirits. COME JOIN IN and participate in giving Great JOY to others. It is our blessing to all (good harmony) joy for us too.

We would love to have you come try us out, have some fun, and meet new friends! There is joy in song and in singing with others. The sounds are tremendous!

Meet us **Wednesdays at 10:00 a.m. in the Music Room and have some fun....**

Since our Chorus Director, COLLEEN MAHONEY, has left us, the chorus is looking for a new director next year. If you have someone in mind, please let us know.

Kay Reynolds

Can We Talk?

Briar Cliff University Social Work Department is pleased to continue its partnership and tradition of providing special interest/ topic intergenerational groups at Siouxland Active Generations this November.

Each group will be led by senior social work majors who have been trained in individual and group techniques, and will be supervised by their instructor, Liz Rembold, MSW, LISC, CSW-PIP. This initiative helps Briar Cliff University social work students practice group skills.

Please attend the following intergenerational groups with Briar Cliff University social work students. Please sign up at the activities table. Refreshments will be provided.

Wednesday, 11/6/19, 2:00-3:00pm

Should You Be Happy or Broke? Economic and Social Concerns of Life.

Facilitated by Alyssa Carley, Darrien Ford-Hills, and Gina Alvarez

Monday, 11/11/19, 2:00-3:00pm

Foods and Traditions

Facilitated by Isela Enriquez and Maria Rios

Wednesday, 11/13/19, 2:00pm-3:00pm

Coping Wheel of Fortune

Facilitated by Maike Rasmussen and Teri Quintana

Wednesday, 11/20/19, 2:00pm-3:00pm

Gender Roles: What's the Same? What's Different?

Facilitated by Sonia Rodriguez and Karina Manriquez



NOVEMBER BIRTHDAYS

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

Bonnie Achord
Charles Andersen
EUGENE ANDERSON
Lori Barnett
Rolene Beauvais
Jacqueline Booth
Deborah Bos
Clayton Britton
Thomas Butler
Rhonda Capron
Dick Collins
Marcia Crayne
Dorothy Crim
Harland Cummings
Glenn Drake
Wayne Ehret
Roger Eldridge
Charlene Ellis
Mary Ferrari
Marilyn Finstad
Carlotta Fox
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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**September**

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

Joann Breyfogle	Clark Kleinberg	George Polak
Richard Brown	Mindy Krause	Vickie Porter
Brenda Brown	Carla Liebrich	Dick Sams
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