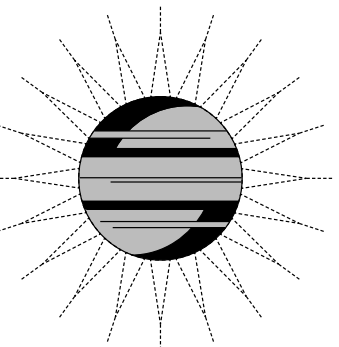


# OCTOBER 2019 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
497

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: Center Stage Tappers



The Tappers began dancing in 1985. The tappers are a fun group of ladies who love to dance and get great exercise. They love to go out and entertain at churches or nursing homes. They work during the year to learn new dances for the FALL FOLLIES. The group has a range of ages from 55 to 92. Group members are Barb McKinney, Jane Hunkins, Bj Heitzman, Frances Madison, Phyllis Bennett, Carol Hughes, Jane Shanahan, Sharyn Volk, Sharon Georgeson, Kathy Johnson, Joanie Stevens, and Lori Watts. **They would love to see some new faces, so stop in, Oct.7 at 9:30 a.m., to see the class and see what great fun it is to tap.**

## 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.

## Ron McKewon's Art Show

Siouxland Center for  
Active Generations  
Presents the Artwork of

Artist

**Ron McKewon**

-Wildlife &  
Western Art-

*Wildlife  
& Western  
Art Show  
& Sale*



*You are cordially invited  
to meet Ron and  
view his artwork.*

**October 4th -6th**

Friday Evening, October 4th from 5:00-8:00 p.m.  
Saturday, October 5th from 10:00 a.m. -4:00 p.m.  
Sunday, October 6th from 12:00-4:00 p.m.  
At Siouxland Center for Active Generations  
313 Cook St. Sioux City, Iowa 712-255-1729

## Sioux City Lions

### Pancake Days

**October 4th -5:00-7:00**

**October 5th -7:00-12:00**

Tickets sold at door

➡ **Only \$7.00 (under 2 free)** ⬅



Help support free eye screening for children by supporting the Lions Club

**313 Cook Street** (Siouxland Center for Active Generations)

Any Questions call 712-255-1729



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](http://www.siouxlandseniorcenter.com)

[facebook.com/SiouxlandSeniorCenter](https://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](http://www.siouxlandcenterforactivegenerations.com)

## Board of Directors

*Joseph Donovan*

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## 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.

## Coffee & Canvas with Casa De Paz

We'd like to thank Amanda and Charley, with Casa De Paz, for bringing the event, Coffee and Canvas with Casa De Paz, to our Center. Everyone had a great time painting!

The next Coffee & Canvas is scheduled for **Wednesday, October 9, at 1:00 p.m.**

**If you would like to participate, please sign up at the activities table. (Limit of 12)**



## Beach Ball and Balloons With BAM!



Thank you to **Bickford Assisted Living and Memory Care** for putting on Beads with BAM jewelry making class. Our members had a blast making some very pretty jewelry, with the help of the Trisha and Deb from Bickford! Bickford comes

monthly to put on a different activity. The next BAM activity is Beach Balls and Balloon Fun, which will be held on **October 8, at 1:30 pm-2:30 pm. If you are interested in participating, please sign up at the activities table. (Limit is 15.)**

## Free Balance Screening

**ATI Physical Therapy** will be coming here on **Monday Oct 21st, at 11:45-12:30 p.m.** Blake will be offering free balance screenings and answering any questions about physical therapy.

## Crafts with Anna

The **Floyd Place Senior Living** sponsored craft class always enjoys making fun crafts with Anna and Kaitlin. For the October class, we will be making Toilet Paper Pumpkins on **Wednesday, October 23rd at 1:00 p.m. If you would like to participate, please sign up at the activities table. (Limit is 20.)**



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*Active Generations  
Wish List*

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

# 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 August. We thank them for their thoughtfulness.

- |                     |                 |                                  |
|---------------------|-----------------|----------------------------------|
| Alice Reeg          | Elaine Waskow   | Miriam Clayton                   |
| Anna Kounas         | Ellie Gibson    | Pam Stephen                      |
| Arlene Held         | Evey Thompson   | Pat Johnson                      |
| Audrey Ercolini     | George Polak    | Richard Hayes                    |
| Barb Bradshaw       | Helen Erickson  | Roger Freissen                   |
| Berenstein Family   | Jackie Busch    | Ron McKewon                      |
| Foundation          | Jane Henderson  | Sally Kimball                    |
| Bev Hall            | Jane Olsen      | Sharon Hanneman                  |
| Carol Hughes        | Jeannie Dunbar  | Siouxland Duplicate Bridge Group |
| Carol Kelzer        | Jo Hanshaw      | Sue Jones                        |
| Carolyn Henjes      | Judy Rehurek    | Susan Wollesen                   |
| Clark Kleinberg     | Julie Brown     | Toots Pittman                    |
| Deanna & Tom Jacobs | Kathie Kobernus | Verla Haack                      |
| Diane Widner        | Linda Beeson    | Vicki Jacobs                     |
| Donna Vitzthum      | Lola Balstad    | Kristina Yezdimer                |
| Doreen & Charles    | Lyn Townley     | Dawna Zullo                      |
| Schoonover          | Marilyn Haller  |                                  |
| Elaine Meyer        | Maureen Tague   |                                  |

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 | Meridian Clinical      |
| Bickford Cottages        | Heritage Northern Hills   | Palmer Candy           |
| Casa De Paz              | Holy Spirit               | Regency Square         |
| Caribou Coffee           | Humana                    | The Sugar Shack Bakery |
| Care Initiatives Hospice | HyVee - Hamilton          | Touchstone Healthcare  |
| Countryside              | Koated Kernels            | Whispering Creek       |
| FiberComm                | Foulk Bros. Plumbing      |                        |

**Bronze Level Sponsors**

Dr. Michael Nguyen	Dr. Kensinger	S.C. Noon Lions Club
Dr. Espiritu	First Premier Bank	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 **October 17, at 10:30 a.m.**, in one of our Board Rooms.

## HyVee Shot Clinic

HyVee will be here on **Thursday, October 17th from 10:00 a.m. -1:00 p.m.** to give flu, pneumonia, and tetanus shots. HyVee will set up in the Siouxland Hearing Healthcare Conference Room. Please bring your insurance card and/or prescription cards. (Medicare or other.)

## 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 pm on Friday 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!**

## Beginning Tai Chi Class

The Beginning Tai Chi class is an 8-week progressive class, which means that each class builds on the skills learned in the previous class. Because of this progression, it can be a challenge for new students to jump in at any time, and tough for current students to move forward while trying to help new students catch up. If you are interested in attending the Beginning-Tai Chi class, the next session starts **Tuesday, October 22nd at 10:45 a.m.**

## Chorus News

The FALL FOLLIES are over, and what a great time everyone in the Chorus had "showing off our chords"! After working so hard, it gave us a chance to shine. Singing for the ACTION group, gave us a chance to give to others at Redeemer Lutheran Church. The final months will be focused on HOLIDAY SPIRIT! The chorus takes a break in the New Year for a couple of months during the winter.

We have been directed by a fabulous person, COLLEEN MAHONEY, who will be leaving at the end of the season. Too BAD for us, but GOOD for her and her family. We have enjoyed her leadership and wish her well. The chorus will be looking for a new director next year, so if you have someone in mind, please let us know.

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.**

*Kay Reynolds*

## Rock Steady Boxing

**Update** - Siouxland Center for Active Generations is now accepting new participants for its Rock Steady Boxing program. According to Patrick Tomscha, "The Center started the individual assessments in mid-September, with classes starting at the end of September." 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 three times a week for a nominal cost. To find out more on supporting the program or participating see Pat.

## 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.

## Conversational Spanish

The Conversational Spanish classes have been cancelled indefinitely.



# 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 11:00-12:00 p.m.**

# Healthy Cooking with the Y

In the **Healthy Cooking with the Y** class, we made low-calorie ham & chicken wraps, and frozen fruit smoothies. Everything was fantastic! Thank you, Gail and Anna, for helping facilitate the class. Thank you, Deanna, for the recipes. Thanks to all the members that attended. Lastly, but not least, thank you to the **Norm Waitt Sr. YMCA**



for sponsoring this class here at the Center; so our members can learn healthy recipes and eat healthy. We appreciate you all!! The next class is **Tuesday, October 22, 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)**

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# Tai Chi for Arthritis

The Tai Chi for Arthritis class has been scheduled here at the Center Wednesday, **October 2, through Friday, November 15th.** This Tai Chi class will meet 2 times a week, on **Wednesdays and Fridays, from at 11:00 -11:45 a.m.** The classes are instructed by **Connections Area Agency on Aging** staff.



**If interested in participating, please sign up at the activities table. (Limit of 20)**

Tai Chi has been shown to be one of the most effective exercises for preventing falls. Tai Chi for Arthritis helps people with arthritis, or other neuromuscular conditions, to improve all muscular strength, flexibility, balance, stamina, and more. Medical studies confirm Tai Chi for Arthritis relieves pain, reduces falls, and improves quality of life. The Centers for Disease Control and Prevention recommend it for fall prevention.



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# October Yearly Membership Anniversaries

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

ALI AHUNA  
LANI AITAOTO  
AMELIA BERTRAND  
JACQUELINE BOOTH  
LARRY BOWER  
CLAYTON BRITTON  
BRENDA BROWN  
RICHARD BROWN  
DARLENE BURSON  
MAUREEN CAMERER  
BETTY CHURCH  
ANNE COWLEY  
MARY ANNE DEIBERT  
MARTHA DIRKS  
RICK FETTERMAN  
MARILYN FINSTAD  
DONNA FLAMMANG  
HELEN FOIX  
ROBERT GAUL

ESTHER GIRARD  
JOHN GRASER  
SANDRA GRASER  
HALEY GRIES  
DENISE HAHN  
MICHELE HAITZ  
GRACE HAWKINS  
BETTY INGALLS  
SUSAN JONES  
DORINDA KLAPPRODT  
ELAINE EVELYN MAGSTADT  
MAXINE MEIS  
VIVIAN MILLER  
DARLA MILLER  
FRANKLIN MORSE  
RUSSELL MOVALL  
CANDIE PALACIO  
MARSHA PASKER  
MARTIN PASKER

EDDA ELSE PHILIPPSEN  
DEBORAH PITTS  
VICKI PORTER  
CHRISTINE PUGH  
JOAN RATLEY  
LARRY ROWENHORST  
JANE SCHULDT  
GLENDA SCHULZE  
JUDITH ANN SCHUTT  
RICHELLE SIERRA  
DUANE SORENSON  
GLORIA STEWART  
BILL STEWART  
JULIE STINEHART  
GARY STOKES  
JANICE THOMAS  
RALPH THOMAS  
LYNN TOWNLEY  
KEITH TOWNS

DAVID URBAN  
LINDA URBAN  
DAVID URBAN  
LINDA URBAN  
BARB VAKULSKAS  
TOM VAKULSKAS  
ROBERTA VANDERLINDEN  
DONNA VITZTHUM  
TERRY VITZTHUM  
MARILYNN VOLLMECKE  
MARY WALSH  
DONNA WESTBROOK  
CINDY RAE WHITESSELL  
PATTIE YANNEY  
MARY ANN YOUNIE  
SCOTT YOUNIE



## October 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:*

- Oct. 1st.....Find 5 to 10 words in the dictionary and write a story about them.**
- Oct. 8th ....Write about the melting pot in America.**
- Oct. 15th ...Mid-West Harvest.**
- Oct. 22nd ..Write about your grandparents.**
- Oct. 29th ...Write about a spooky Halloween**

### FACTS ABOUT OCTOBER:

1. FALL is the best time to plant garlic & bulbs for Spring flowers.
2. When deer are in gray coat in October, expect a hard winter.
3. Much rain in October; much wind in December.
4. A warm October means a cold February.
5. This Fall, our forecast calls for a hint of snow before Halloween.

6. Annie Edson Taylor was first to survive a trip over Niagara Falls, in a barrel, on her 63rd birthday, on October 24, 1901.

LISTEN: The wind is rising and the air is wild with leaves.

We've had our summer evenings, now for October eves!  
(Wolfe)

Poem: JACK-O-LANTERN  
Jack-O-Lantern, Jack-O-Lantern,  
You are such a funny sight.  
As you sit there by the window,  
Looking out into the night.  
You were once a sturdy pumpkin,  
Growing on a curly vine,  
Now you are a Jack-O-Lantern,  
See your night lights shine.

*- Alice Reeg, Creative Writing*

## Welcome to the Library

For our October Book Club, we will be reading "Becoming", by Michelle Obama. We meet on October 3, at 10:00 a.m. in the library.

We have received a large donation of Amish books by Wanda E Brustetter. Please stop in and see them, and all that we have to offer.

*Helen Eriksen*



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# Cooking with Brad

During the month of October, the **Touchstone Healthcare Community** sponsored cooking class will be making a Cheese Ball and German Spice Cake.

### October's Touchstone Cooking Class schedule:

October 1st, at 3:00 p.m. – Cheese Ball

October 15th at 3:00 p.m. - German Spice Cake

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

# October Talk Shows at 10:30 a.m.

**Wednesday, October 2nd:** “Monarchs”, with Theresa Kruid, from *Dorothy Pecaut Nature Center*

**Wednesday, October 9th:** “AARP Fraud Prevention” with Dr. David Chobar

**Wednesday, October 16th:** “Elementary Schools”, with Tom Munson, from *Sioux City Public Museum*.

**Wednesday, October 23rd:** “The Healing Touch, a Tool Kit in Your Hands”, with Jeanne from *Wellness Works Massage*

**Wednesday, October 23rd:** “Human Tracking”, with sister Shirley Fineran, from *Lila Mae's House*.



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](http://smile.amazon.com)- log on, and select us as a favorite charity, and help the “Siouxland Senior Center”.

# October 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.**

- October 4th - Jerry O'Dell's Country Flavor Band
- October 11th – Country Brew
- October 18th – 4 on the Road
- October 25th – Ed Tryon – **Halloween Dance: If you compete in the Costume Contest there will be prizes awarded to voted winners.**
- Nov 1 - Jerry O'Dell's Country Flavor Band

**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.**

# WOODCARVING

The woodcarvers are sad to relay the news of the loss of Elaine McCuddin. She was a long-time carver and member of the Center. She will be missed.

The woodcarvers are a friendly, and fun group, so stop in and check out what's happening. We are beginning to think about Halloween and Christmas projects. Beginners are welcome, and we will teach you the basics of safety and tool usage. Some of the group will be representing the Center at the O'Connor house in Homer, NE., in November. The woodcarvers meet on **Monday and Thursday afternoons from 1-3 p.m.** in the craft room.



<b>Dollar Per Day Club</b>	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 Coated Kernals Nolan & Kelly Lubarski	Elevate Church Diana Howard Joseph Donovan Global Foods Thompson Electric	Andrea Rathgeber Paul Gregory Tom & Deanna Jacobs Joel Jarman Barney Pottebaum
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# October 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
	<p><b>1</b></p> <p><i>3:00 pm Cooking with Brad "Cheese Ball" (1st &amp; 3rd Tues.) Sign up -limit of 25</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            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, 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><b>2</b></p> <p><i>10:30 a.m. Talk Show "Monarchs" with Theresa from Dorothy Pecaut</i>  <i>11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            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 &amp; 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            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</p>	<p><b>3</b></p> <p><i>1:00 -2:00pm Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            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, Woodcarving            1:00 pm Men's &amp; Women's Social Group            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><b>4</b></p> <p><i>11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            9:00 am Mixed Media Art Class/Vivian Miller            9:30 am Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            10:00 am -11:30 Blood Pressures            10:00 am Chair Yoga with Kaye            11:00-12:00 pm Karaoke            11:30 am-12:30 pm Lunch            12:00 pm Open Bridge Group            12:30 pm Open Craft Time            12:30 pm Pinochle            1:00 pm 500            1:00 pm Friday Dance</p> <p><i>Featuring " Jerry O'Dell's Country Flavor Band"</i></p>
<p><b>7</b></p> <p><i>1:00 pm Birthday Party Hosts: Center Stage Tappers Entertainment: Jack Berger</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 &amp; 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><b>8</b></p> <p><i>1:30 p.m. Beach Balls and Balloon Fun with Bam! (Bickford Assisted Living and Memory Care) ( Limit of 15)</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            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><b>9</b></p> <p><i>10:30 a.m. Talk Show " AARP Fraud Prevention" with Dr. Chobar</i>  <i>11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</i>  <i>1:00 p.m. Genealogy Class (2nd Wed.)</i></p> <p>1:00 p.m. Coffee &amp; Canvas with Casa De Paz</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            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 &amp; 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</p>	<p><b>10</b></p> <p><i>1:00 -2:00pm Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            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, Woodcarving            1:00 pm Men's &amp; Women's Social Group            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><b>11</b></p> <p><i>11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            9:00 am Mixed Media Art Class/Vivian Miller            9:30 am Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            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 " Country Brew</i></p>
<p><b>14</b></p> <p><i>9:30 am Grief Support (2nd Monday of the month)</i></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><b>15</b></p> <p><i>3:00 pm Cooking with Brad " German Spice Cake" (1st &amp; 3rd Tues.) Sign up -limit of 25</i>  <i>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            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><b>16</b></p> <p><i>10:30 a.m. Talk Show " Elementary Schools" with Tom from Sioux City Public Museum</i>  <i>11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            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 &amp; 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</p>	<p><b>17</b></p> <p><i>10:00 a.m. Hy-Vee Shot Clinic Get your, Flu, Tetanus &amp; Pneumonia Shots -Bring your insurance cards</i>  <i>10:30 a.m. New Member Coffee (3rd Thursday)</i>  <i>1:00 -2:00pm Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga</p>	<p><b>18</b></p> <p><i>9:30 a.m. Brunch &amp; Learn "Living Well for Life"- with Diane from Britton Chiropractic and Rehab.</i>  <i>11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <b>\$1.00</b>            9:00 am Mixed Media Art Class/Vivian Miller            9:30 am Wii Bowling</p>



<p>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 &amp; 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 "You Again"  1:00 pm Mah Jong  1:00 pm Pinochle  1:00 pm Woodcarving  2:30 pm Walking off the Pounds</p>	<p>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>9:30 am Chess  9:30 am Painting Class  10:00 am Chorus  10:00 am Sexy &amp; 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>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, Woodcarving  1:00 pm Men's &amp; Women's Social Group  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  9:30 am Women's Pool Shooting Class  10:00 am -11:30 Blood Pressures  10:00 am Chair Yoga with Kaye  11:00-12:00 pm Karaoke  11:30 am-12:30 pm Lunch  12:00 pm Open Bridge Group  12:30 pm Open Craft Time  12:30 pm Pinochle  1:00 pm 500  1:00 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring "4 on the Road" "</i></p>
<p><b>21</b>  11:45-12:30 p.m. Free Balance Screening with Blake from ATI Physical Therapy (3rd Monday of the month)</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 &amp; 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 Queen"  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><b>22</b>  3:00 pm Healthy Cooking with the Y (4th Tuesday) Sign up -limit of 20</p> <p>8:30 am Penny Bingo  8:30 am Enhance Fitness w/YMCA Instr. \$1.00  9:00 am Yoga with Amanda  9:30 am Painting Class  10:00 am Creative Writing  10:30 am Tai Chi Class - (Beginning)  11:00 am Corn Hole  11:30 am-12:30 pm Lunch  12:30 pm Penny Bingo  12:30 pm Pitch  12:30 pm Tap  1:00 pm Mexican Train  1:00 pm Painting Class  2:00 pm Ping Pong  3:00 pm Politics with Pat (Our Executive Director)  4:00-pm Balance with Courtney  5:00 pm Exercise with Courtney/ Strength</p>	<p><b>23</b>  10:30 a.m. Talk Show "Healing Touch" with Jeanne from Wellness Works Massage  11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"  1:00 p.m. Crafts with Anna "Toilet Paper Pumpkins" (4th Wed.) Sign up -limit of 20</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00  9:00 am Yoga w/Dixie  9:00 am Open Novice Dup. Bridge Game  9:00 am Chess  9:30 am Painting Class  10:00 am Chorus  10:00 am Sexy &amp; 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><b>24</b>  1:00 -2:00pm Open Door Time with Pat</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, Woodcarving  1:00 pm Men's &amp; Women's Social Group  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><b>25</b>  11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00  9:00 am Mixed Media Art Class/Vivian Miller  9:30 am Wii Bowling  9:30 am Get Fit With Lee  9:30 am Women's Pool Shooting Class  10:00 am -11:30 Blood Pressures  10:00 am Chair Yoga with Kaye  11:00-12:00 pm Karaoke  11:30 am-12:30 pm Lunch  12:00 pm Open Bridge Group  12:30 pm Open Craft Time  12:30 pm Pinochle  1:00 pm 500  1:00 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring "Ed Tryon"  Halloween Dance—Come dressed up —  there will be a costume contest.</i></p>
<p><b>28</b>  1:00 p.m. - Parkinson's Support Group (4th Monday )</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 &amp; 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 "84 Charing Cross Road"  1:00 pm Mah Jong, Pinochle  1:00 pm Woodcarving  2:30 pm Walking off the Pounds  3:00 pm Get Fit With Lee</p>	<p><b>29</b>  9:30 a.m. Brunch &amp; Learn "Humana's Medicare Advantage Plan" with Siera</p> <p>8:30 am Penny Bingo  8:30 am Enhance Fitness w/YMCA Instr. \$1.00  9:00 am Yoga with Amanda  9:30 am Painting Class  10:00 am Creative Writing  10:30 am Tai Chi Class - (Beginning)  11:00 am Corn Hole  11:30 am-12:30 pm Lunch  12:30 pm Penny Bingo  12:30 pm Pitch  12:30 pm Tap  1:00 pm Mexican Train  1:00 pm Painting Class  2:00 pm Ping Pong  3:00 pm Politics with Pat (Our Executive Director)  4:00-pm Balance with Courtney  5:00 pm Exercise with Courtney/ Strength</p>	<p><b>30</b>  10:30 a.m. Talk Show "Human Trafficking and Lila Maes House" with Sister Shirley Fineran  11:00 a.m. Tai Chi for Arthritis with Connections Area Agency"</p> <p>8:30 am Enhance Fitness w/YMCA Instr. \$1.00  9:00 am Yoga w/Dixie  9:00 am Open Novice Dup. Bridge Game  9:00 am Chess  9:30 am Painting Class  10:00 am Chorus  10:00 am Sexy &amp; 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><b>31</b>  1:00 -2:00pm Open Door Time with Pat</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, Woodcarving  1:00 pm Men's &amp; Women's Social Group  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>	

# 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

# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf Mashed Potatoes & Gravy Vegetable Dessert	2 Pork loin Mashed Potatoes & Gravy Vegetable Dessert	3 Hot Beef Sandwich Mashed Potatoes & Gravy Vegetable Dessert	4 Chicken Spaghetti Garlic Bread Dessert
7 Goulash Garlic Bread Dessert	8 Vegetable Beef Soup Ham Salad Sandwich Dessert	9 Pork Roast Potatoes and Carrots Dessert	10 Baked Ham Mashed Potatoes & Gravy Vegetable Dessert	11 Taverns French Fries Dessert
14 Hot Pork Sandwich Mashed Potatoes & Gravy Vegetable Dessert	15 Beef Tips Mashed Potatoes & Gravy Vegetable Dessert	16 Hamburger Steak Mashed Potatoes & Gravy Vegetable Dessert	17 Broasted Chicken Cheesy Potatoes Vegetable Dessert	18 Spaghetti /Meat Sauce Garlic Bread Dessert
21 Country Fried Steak Mashed Potatoes & Gravy Vegetable Dessert	22 Chicken & Noodles Mashed Potatoes Vegetable Dessert	23 Liver OR Ham Baked Potatoes Vegetable Dessert	24 Baked Chicken Hind Quarter Mashed Potatoes Vegetable Dessert	25 BBQ Beef Sandwich Potato logs Dessert
28 Lasagna Soup Ham & Cheese Sandwich Dessert	29 Salisbury Steak Mashed Potatoes & Gravy Vegetable Dessert	30 Roast Beef Mashed Potatoes & Gravy Vegetable Dessert	31 Chicken Breast Rice Pilaf Vegetable Dessert	

## October Brunch & Learns

### **Friday, October 18th: 9:30 a.m.**

**Britton Chiropractic & Rehab – “Living Well for Life”**  
Sharing the benefits and wellness of chiropractic care, Living Well for Life explains the need to care for our spine, as we do for other parts of our body. Diane will also be offering Spinal Screenings to those interested in having one. The Spinal Screening takes about 5 minutes per person and is done using an electronic computerized device.

### **Tuesday, October 29th: 9:30 a.m.**

**Humana’s Medicare Advantage Plan Seminar**  
Siera will be here to discuss Humana’s Medicare Advantage plans, to inform you of what is available, and help you make the best decision about your health care coverage.

**If you would like to attend either of these free brunch and learns, please sign up at the activities table or call 712-255-1729 and we can get you registered. (Pre-registration required)**

## Bridge News

We had another former player join us for a few games in August. Lili (Tiger) Williams was passing through on her way coast to coast. The Center was closed Labor Day, so we had our Monday game at Aggies in Sergeant Bluff with good participation. Our annual Unit charity game, in Aurelia, was well attended, with our club members winning more than their share of prizes for good play in 2018. Our group got to choose the charity this year, so we chose our Center, and were able to donate \$760.00. We continue to add new people to our classes and games. The more the merrier!



## Tai Chi Fans

There will be a beginner Tai Chi Fans group that meets **Mondays at 11:00-11:30 a.m. weekly.** 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!

## 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.

## Lap Dawgs

Way to go Lap Dawgs! For the month of August, we walked 10,597 laps for a total of 847 miles or an average of 27 miles per day. Keep up the good work, Pups!

*Leader of the Pack*

## 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, October 9th. In the Genealogy class for October, Cheryl Kounas will talk about how to research your German Ancestry.



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.

## Sioux City Musketeers Tickets



*Sioux City Musketeers* announced their “Flex” Tickets - a fundraising program for *Siouxland Center for Active Generations*. The tickets are “flex” to be used at any regular-season game, and any seat in the house. Each ticket/seat bought through the SCAG can be redeemed, and/or changed, at the Tyson Events Center box office. Ticket prices are \$15 dollars, with \$5 being donated to our Center- Let's go Muskies!! - Contact the office for your tickets.

## Penny Bingo

Just a note to let you know we are playing Bingo, which meets on **Tuesdays and Thursdays, from 8:30 a.m. – 11:30 a.m. and 12:30 p.m. – 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*

## Marilyn's Sit and Sip



Things have been going well at the Coffee Shop. I plan to start making soup on Thursdays. I will be having a Bake Sale during the Pancake Breakfast in October.

As always, I thank you for coming to the Coffee Shop. Without you folks, the Coffee Shop would not be what it is.

*Marilyn Haller*

## Grandparents/Grandchildren Movie Time

Thank you, Siera Linneweber with Humana, for sponsoring Grandparents/Grandchildren Movie Time! Our members and their Grandchildren enjoyed the complimentary popcorn, M & M's, gummi worms, pop, and water; along with the new release Disney Dumbo movie. **Thank you, Siera for all that you do! We also want to thank Koated Kernels,** as they have donated the popcorn machine and popcorn that we use at the center and we used during this event!



## Movies for October: Siouxland Hearing Healthcare Room

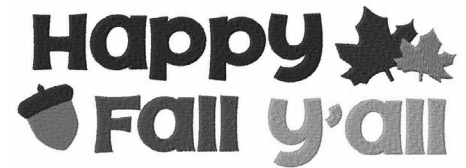
*See the Calendar for Titles*

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.

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## Classes for Computers and Other Electronic Devices

Our computer instructor, Kristina Yezdimer, offers One-on-One Computer Classes. (She also can answer your iPad, iPod or cell phone questions.) Class times vary for the one-hour sessions, priced at \$10 per person (for members). 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.



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## 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.

## Young at Heart Line Dancers

Another great Follies performance, took place on Saturday September 14, showcasing some great talent from the Center. We all enjoyed ourselves, as we had worked hard to put on a good show. The audience was very receptive, and had a good time, also. I am so very proud of my line dancers! All our practice paid off, as they did a super Job!!

*Sally Kimball*

## 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..

## STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa.

Applications are now available online at

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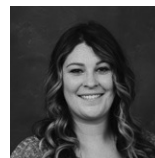
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*"Providing for others what we expect for ourselves."*

# 36th Annual Fall Follies

**A Million Thanks to our Sponsors, all our Volunteers, and our Entertainers.**

We had another successful Fall Follies. Congratulations to all the groups, and individuals, that performed. You did an amazing job!

**A Special Thanks to:** Everyone that sold tickets, East High School Staff, Custodians and the East High Stage Crew for the use of the building and all your assistance. Also thanks to Anna Heller from Floyd Place Senior Living for being the fabulous Announcer.

**Thank you to the following for your donations of refreshments and raffle prizes:** Caribou Coffee, Bickford Cottage, Care Initiatives Hospice, Floyd Place, The Heritage at Northern Hills, Holy Spirit, Deanna & Tom Jacobs, Jolly Time Koated Kernels, Palmer Candy Old Time Candy Shoppe, Regency Square, The Sugar Shack Bakery and Touchstone. **Thank you EVERYONE! Without you, events like this could not happen!**



# OCTOBER BIRTHDAYS

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

Jim Adkins  
 Wini Arneson  
 Lewis Baber  
**CARROLL BAKER**  
 Phyllis Banta  
 John Beeson  
 Hope Benton  
 Sandra Berger  
 Machell Bingen  
 Liz Blachnik  
 Dawn Bomgaars  
 Jane Breen  
 Jackie Busch  
 Patricia Calvillo  
 Linda Camarigg  
 Lee Chamberlain

Bobbi Collins  
 Judith Cowley  
 Judith Crane  
 Jerry Crossland  
 Mary Deroos  
 Jeanne Emmons  
 Jennifer Goodier  
 Jean Groves  
 Audrey Hansel  
 Diana Hejhal  
 Lila Henke  
 Myrna Hodges  
 Ron Hope  
 Diana Howard  
 Margee Joines  
 Nancy Keairns  
 Doris Lindgren  
 Thomas Magel  
 Mary Marsh  
 Lynda Martin  
 Lisa Martindale  
 Lynn McFarland  
 Barbara McKenney  
 Claire Miethke  
 Sophie Milbrodt  
 Jane Morrisey

Jim Moyle  
 Earl Oleson  
 Scott Olsen  
 Allen Oster  
 Dee Richter  
 Roberta Rozell  
 Ellen Ryan  
 Jean Schneider  
 Judith Ann Schutt  
**GRACE SEMPLE**  
 Patricia Smith  
 Ronald Smith  
**WILLIAM THOMPSON**  
 Jeanne Thune  
 Keith Towns  
**PHEBE TREIBER**  
 Eddie Tudehope  
 Tom Vakulskas  
 Paula Van Roekel  
 Chris VerSteeg  
 Harvey Viken  
 Verna Welte  
 Dianne Wickstrom  
 Connie Wolfe



## NEW MEMBERS

**MARCELLA BENSON**  
**HARLAND CUMMINGS**  
**MARY CUMMINGS**  
**MARY FUXA**  
**RICHARD JAMES**  
**VINCENT LAFLEUR**  
**SUE LEVAY**  
**MARK MOERMAN**  
**JANE MORRISEY**  
**JOHN NEBEL**  
**JOANNE PETERS**  
**LADONNA PETERS**  
**WALTER PETERSON**  
**LINDA SCHLOTMAN**  
**CHARLES TARVIN**  
**LEO THORNTON**  
**ROBIN WHELCHER**  
**SEBASTIANO ZARBANO**

## WE REMEMBER

**ELAINE MCCUDDIN**

## MEMORIALS

*For: Elaine McCuddin*

From: Miriam Clayton



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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**

**August**

*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      | Sally Kimball   | Michael Montgomery |
| Richard Brown        | Clark Kleinberg | Russell Movall     |
| Brenda Brown         | Mindy Krause    | George Polak       |
| Miriam Clayton       | Carla Leibrich  | Vickie Porter      |
| Valerie Conaway-Cote | Janette Linden  | Dick Sams          |
| Virginia Gries       | Lisa Martindale | Don Schultz        |
| Richard Hayes        | Pamela Mears    | Harvey Viken       |
| Arlene Held          | Kerwin Meyer    | Claryce Welch      |
| Charles Kanaby       | Darla Miller    | Bob Wolf           |