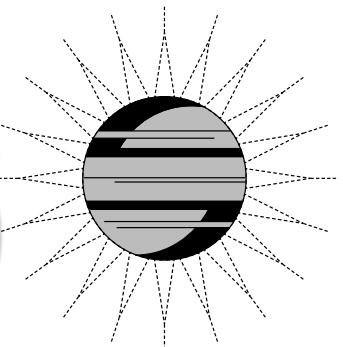


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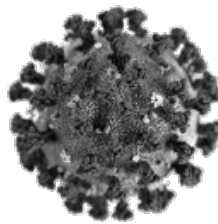
Siouxland Center
for Active Generations

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.

Our COVID Experience- Seclusion- Challenges and New life practices

On March 17th, our center closed in response to the growing concern of the COVID-19 virus. Uncertain of the virulence of the virus, our board of directors wanted our center's vulnerable members to be safe. Our governor allowed reopening in June and on July 7th the center, with safeguards, opened with cautious optimism. It's been almost six months into the coronavirus pandemic, and older adults are having a hard time envisioning their "new normal." For our center "new normal" is practicing safe guidelines: temperature checks, staying at home when sick, wearing masks, washing hands frequently, and practicing social distancing." The center, with generous gifts from Siouxland Recovery Fund, installed additional handwashing stations, MERV 13 filters, and UV-C lights in the HVAC systems to help not only with the COVID-19 but to help protect against annual influenza. Understandably, seniors are cautious. Seniors have been hit the hardest, and many remain fearful of contracting the virus and plan to limit personal interactions for the indefinite future.



For those members that choose to come out, they are following our center's precautions to protect themselves from the coronavirus. Our "new normal" – for those 65 and older – is very different than those of a younger generation. More fearful, cautious, and more aware of the mortal consequences of this invisible combatant. We are all grieving the loss of our old lives and would love nothing better than to pick up where they left off; to shoot a game of pool, play competitive cards, or exercise without the fear or precautions. At coffee, some indicated that they are convinced their lives will never be the same. The center is a vital institution in Siouxland allowing people to

belong, to engage with each other, find information, seek commonalities, stay fit and of course, find new friends. Lacking social connections, whether it be through social isolation, or loneliness, or poor-quality relationships, can increase your risk for premature mortality from all causes. As humans, we need to laugh, cry, listen, and support each other and are reasons why members seek to return to even a "new normal".

"I'm not going to be comfortable freely moving around our community until they're able to do reliable antibody testing and there is a vaccine," a member said. "That makes me angry because I don't have that many years left, and I would like to do the things I want to do. I'm being cautious but not being completely a prisoner. It's been hard but for now, I think we all must learn to live by shrinking our circle of friends," said one member as he picked up a puzzle from the gift shop. "My circle of friends was small before coming to the center. It enlarged, and I do miss these friendships, seeing old bridge partners, and painting classmates. But I am preparing myself just in case a different social order is demanded; more phone calls to friends, zoom with family, and I even joined Facebook."

Mortality is in the back of our minds for those of us who have seen friends and relatives die of COVID-19. Our heart aches for the 60 people who lived, worked in Woodbury County, and succumbed to the COVID-19 virus. But there is still hope and life left for us to live. Harvey said, "We're not done yet!", as he welcomed a member coming through the door. He believes that our human spirit, self-reliance, and local support networks are more important than ever. "To me, the pandemic reveals troubling things about the state of institutions in our society. We will overcome, persevere, and dance again."



Like us on
Facebook

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.siuoxlandseniorcenter.com

facebook.com/SiuoxlandSeniorCenter

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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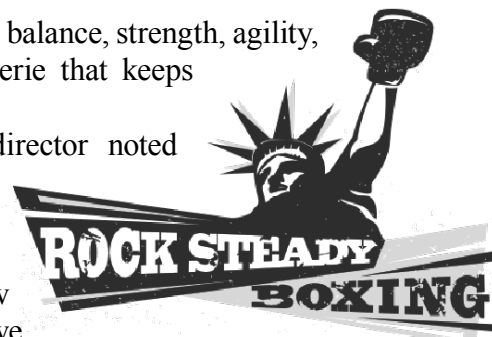
The Siouxland Center for Active
Generations does not condone or tolerate
discriminatory acts or language.

Rock Steady Boxing

Rock Steady Boxing is a non-combat boxing program designed exclusively for Parkinson's patients; it aims to help all— regardless of skill level — take advantage of the benefits of exercise, while building a supportive and understanding community.

Rock Steady Boxing can help with balance, strength, agility, and endurance, but it's the camaraderie that keeps people energized and motivated.

Patrick Tomscha, Rock Steady's director noted "the magic of Rock Steady is the camaraderie and the fact that all of our boxers are fighting back against the same disease." If you know someone who is battling Parkinson's we are here to help. If you know someone that would like to join the program talk to Patrick Tomscha at 712-255-1729.



\$2.00 Biscuits and Gravy

On Wednesday's only, in the coffee shop.

Serving from 8 -10 a.m.



Covid-19 Center Hours

The hours for the Center are
Monday - Friday,
8:00 a.m.-2:30 p.m.

There will be a Covid-19 questionnaire,
handwashing, and temperatures
will be required at the entrance.
You **MUST** always wear a mask when here,
and we will be practicing safe distancing

Center Policy on Adverse Weather Conditions

In the event of public-school closings, the Siouxland Center for Active Generations will be closed. If there is a weather-related late school start for Sioux City Community School District, we also will be opening late. Please stay tuned to your local TV and radio stations for the latest information.

Hy-Vee Shot Clinic

Mardell, with Hy-Vee Pharmacy, will be here on **Wednesday, October 14th from 10:00 a.m. - 1:00 p.m.** to administer vaccinations. She will be offering you the choice Flu, Pneumonia, Shingle and Tetanus shots. **Please bring your Medicare Card or other insurance/ prescription cards.**

Battery Recycling

Unfortunately, we will no longer be able to take batteries for recycling, as we have lost our outlet for them.

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Wish List

- You! Our Center needs volunteers to help facilitate events & programs.
- Spread the word to your friends. There's a lot to do at our Center.
- If each member asks a friend to join, we will meet our membership goals.
- Donate to the Gift shop- It helps keep us going
- Boom box with a cd player, dual (preferred) or single cassette player.

Gifts & Donations

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

John Woods & Connie Wolfe	Ihla Burgess	Lola Balstad
Siouxland Duplicate Bridge Group	Janet Reese	Marilyn Vollmecke
Alice Reeg	John Graser	Mike Moreland
Anna Kounas	Judy Pierce	Paul Swanson
Bob & Carol Krumweide	June Peters	Ramon Sundquist
Connie Travis	June Wilson	Rolene Beauvais
Darlene Burson	Kathie Kobernus	Sally Kimball
Deanna Jacobs	Ken Dvorak	Sandy Rol
Earl Oleson	Lee Chamberlain	Sherry Evans
Gert Stephens	Lillie Rundall	Toots Pittman
	Linda Beeson	Vicki Jacobs

Notary Services



Starting May 1st, SCAG will offer Notary Services during normal business hours. Please contact the office to schedule an appointment for this new service. Please note that the signer of any document must appear in person. If the signer is not personally known, he or she must present a current, government-issued ID that shows a serial number or an identification number and at least one of the following: photograph, signature, or physical description. Cooperation with this requirement is sincerely appreciated.

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

Floyd Place Senior Living	Heritage Northern Hills	Foulk Plumbing
Bickford Assisted Living & Memory Care	Koated Kernels	Bob Roe's Point After
Famous Daves	Regency Square	Papa Murphy's
Continental Springs	Visiting Angels	Pizza Hut
Nursing Rehab	Pepsi-Cola of Siouxland	Buffalo Alice
	Chesterman Co.	

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 _____



Siouxland Big Give – Support AG

Siouxland Big Give is an event organized by the Siouxland Community Foundation, to grow philanthropy in Siouxland and celebrate non-profits. Siouxland Center for Active Generations is signed up for this event.

Donate to the Siouxland "Big Give" on October 6th --designating to our Center.

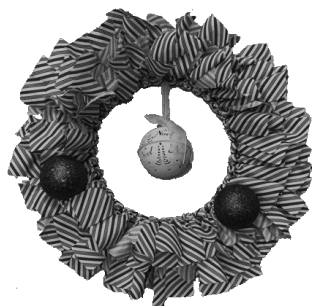
1. Donate online at www.sioxlandbiggive.org by choosing the Center.
2. Donate directly to the Center- by writing check to **Siouxland Center for Active Generations** and write "Big Give" in the memo.

Fabric Christmas Wreath

Pam Stephan will be here facilitating how to make a Fabric Christmas Wreath on **Wednesday, October 14th at 10:30 a.m.** There is a limit of 10. You don't have to bring any supplies. All items will be provided; although, there is a **\$22.00 cost that covers all materials.**

This will be a fun holiday project that you can learn and teach others. If you would like to participate, we ask that you pay the \$22.00 at the time you sign up. (Deadline to sign up is Friday, October 9th.)

You may pay by cash or make a check payable to Pam Stephan and drop off to Michelle, Jan, or Pat. Sorry, there will no refunds allowed; however, you will not be out your \$22, if you are not able to make it to the class. Pam will bag up your materials and the directions to make the wreath and leave it here for you to pick up.



Arts with Vivian

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

- **Envelope Art** is scheduled on **Thursday, October 29th at 1:00 p.m.**

All you need to do is sign at the activities table if you plan on attending. There is a limit of 8.



Crafts with Diana

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

1:00 p.m., Thursday, October 13th: Paper Flowers

1:00 p.m., Thursday, October 22nd: Fall Candy Dish

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



Mixed Media

Mixed Media's new hours are **Fridays, at 11:30 a.m. until 1:30 p.m.** Vivian said she has lots of new fun creative ideas. Come and play!



Halloween Costume Contest

If you enjoy dressing up for Halloween here is your chance. We are having a costume contest on **Thursday, October 29th**. Let's see how creative you can be. Wear your clever disguises to make this occasion festive and impress your friends and fellow members. Parade around the center to show off your costumes.

We will meet in the multipurpose room at **1:00 p.m. for judges and spectators to see and vote for our favorite costumes.** The winners will be given prizes for 1st, 2nd and 3rd places. Also, enjoy a Halloween treat from **The Heritage at Northern Hills.**

See you in the Gift Shop

As fall approaches, let's think fall favorites: cookbooks, crafts and fall themed items. As we prepare for the season, it's also time to "cozy up" with a good book or movie. Head down the hall to the library to make your shopping complete!

At the Gift Shop, we have a variety of items from pictures and glassware, jewelry to purses, greeting cards, puzzles, and much more. 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. **Our Stop & Shop Gift Shop depends upon your support, so please keep donating and purchasing. Save your extra change and shop, shop, shop! We look forward to seeing you**

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 **MERIDIAN**

Member Renewals Needed – please send yours in today and help support our Center

MARY ABRAHAM	JEFFREY DAWDY	CARL HARDY	DONNA KOCH	BRENDA OEHLERKING	PATRICIA SIMON
BONNIE ACHORD	BOB DERFLINGER	SANDY HARRIS	GEORGEANN KOCK	CAROLINE O'KANE SANDS	LENA SLOWIACZEK
JIM ADKINS	VIVIAN DEROCHIE	CAL HARTMAN	PAULA KOLBET	EARL OLESON	JAY SMITH
THERESA AMBROSE	KATHLEEN DETERMANN	DIANE HARTMAN	CONNIE KOURIS	KAREN OLESON	LAWRENCE SOENS
KATHLEEN ANDERSON	ELLEN DIRKS	EILEEN HARTNETT	JAMES KUHL	DAWN OLESON	DIANE SORENSEN
TRAVIS ANDERSON	EMILY DOMAYER	VERNA HAYDEN	LINDA KUMMER	BROOKE OLESON	ESTHER SORENSON
JEB ARCHER	STEPHEN DOUGHERTY	KENNETH HAYWARD	KENNETH KUMMER	DON OLSON	LARRY STEINBRECHER
JACKIE ARCHER	SHIRLEY DOWD	DAWN HEATON	ALICE LADE	DONNA OLSON	PAT STINGLEY
WINI ARNESON	LEON DOXTAD	CAROLE HEIDER	GERALD LAEDTKE	DAMON OOTEN	ED STITT
IDA MAE BACKHAUS	LYNN DOXTAD	GARY HEINEMAN	JUNIOR LAW	KENNY OTTEMAN	DEB STITT
CARROLL BAKER	KAY DUNN	MARY HEINEMAN	LINDA LEES	DORIS PARSONS	TERRI STOLPE
LORI BARNETT	ROBERT EARLY	DIANA HEJHAL	RICHARD LESTER	THOMAS PATTERSON	VENITA STUSSE
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LOIS BROWNEE	MARCIA GOEDEN	CHRISTINE HUISMAN	CONNIE MERRILL	JANET ROACH	ROBERTA VANDERLINDEN
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I Survived the COVID-19

I was asked by Pat to tell my story of having COVID-19.

On May 28th, I went to the Doctor with my husband. He had an appointment, and while there, the doctor ordered an X-ray of my lungs. He said I had pneumonia and told me to go to the ER at the Hospital. They immediately took a COVID test and it was positive. They admitted me to the hospital, where I was put in the ICU on the 8th floor.

I was all alone; no visitors at all. The doctor on my case was a hospital doctor who visited me on a TV screen, which is the way they treated COVID patients. The only contact I had with anyone was the nurses, and they did everything. They were amazing! I told them they were angels without wings and someday God would give them their wings.

I saw Dr. Gupta the second day I was in the hospital. He wanted to know if I wanted to be put on a ventilator. I said no, and he then asked, "Not even if to save your life?" I still said no. He wished me luck and told me to keep on eating, and he would do all he could for me. I was on oxygen and Remdesivir and received two units of Plasma that day. My arms were like pin cushions. I was X-rayed every day, and my lungs were full of pneumonia. I prayed all that second night and cried a lot. Each day I got a little better. After 7 days in Intensive Care, I was moved to the 3rd floor where I was able to visit with my husband who also was in the hospital for the Covid. He was in for four days and was released, as he was better. I had to stay for another 3 days; a total of 14 days in the hospital. I went home with Oxygen 4% and was very weak.

Knitting and Crocheting / Open Craft Time

Do you like knitting, crocheting or crafts? If **Knitting or Crocheting** is your thing, then we invite you to join us, **Mondays at 10:00 a.m.** If you enjoy crafts, please join us for **Open Craft Time** on Fridays at **12:30 p.m.**

Doreen has been busy and was happy to be back among her friends here at the center. During the Knitting and Crocheting, she shared what she has been doing. Stop by either of these groups, they welcome new members and look forward to meeting new friends while doing what they love!



Welcome to the Library

We have a good selection of books for sale in the Library. Paper backs are 25 cents and hard covers for 50 cents, both mystery and fiction. Stop in and visit with us. We would love to see you.

Our puzzle supply is low, so if you can donate some that would be great. See you in the library.

Helen Eriksen

Take Off Pounds Sensibly

If you been looking for a weight loss support group to join, we now have one at the Center. Stop into the TOPS group on **Fridays** beginning at **10:00 a.m.** to see what it is all about. You might decide you want to join.

Jam Session

Please join the awesome Jammers on **Wednesdays** from **10:30 a.m.-12:00 p.m.** Singers and instrument players are welcome. Come join in on the fun. Thanks for the great entertainment!

Get Fit with Lee

Beginning on **Tuesday, Sep 1**, Get Fit with Lee has a new schedule. The new schedule will be **Tuesdays at 8:30 am and Fridays at 9:00 a.m.** Come and enjoy a great fitness class. If you haven't attended this fitness class before, you are missing out! Come and give it a try. Thank you to Dixie and Larry for filling in for Lee

October Birthday Party

Our monthly birthday party will be held **Monday, October 12th** at 1:00 p.m., in the Multi-Purpose Room. It will be hosted by the Active Generations staff; entertainment provided by Josh Weece with The Elevate Church. We thank Continental Springs Nursing Rehab & Senior Living for providing the cake.

Jazz Dancercise

Bridgette is happy to be instructing Jazz Dancercise! The class schedule has been changed beginning in October. Classes will be two times a week on **Tuesdays and Fridays starting at 11:00 a.m.**

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Chris Lahn**

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Tom & Deanna
Jacobs**

October 2020

Questions? Call (712) 255-1729 OPEN: Monday-Friday 8:00 am-2:30 p.m.,

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>10:00 a.m.</i> Book Club –1st Thursday of the month 9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Beginner) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:00 am Line Dance - (Intermediate) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong	2 9:00 am Get Fit with Lee 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch -Coffee Shop is open. 12:00 pm 500 Card Club 12:00 pm Card/Game Group-(Misc.) 12:30 pm Open Craft Time <i>No Friday Dance</i>
5 8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:30 pm Movie “My Big Fat Greek Wedding” 1:00 pm Pinochle 1:30 pm Walking off the Pounds	6 <i>Siouxland Big Give Donation Day</i> 8:30 am Get Fit With Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Painting Class 1:00 pm Ping Pong	7 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm 500 Card Club 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds	8 9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Beginner) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:00 am Line Dance - (Intermediate) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong	9 9:00 am Get Fit with Lee 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch -Coffee Shop is open. 12:00 pm 500 Card Club 12:00 pm Card/Game Group-(Misc.) 12:30 pm Open Craft Time <i>No Friday Dance</i>
12 <i>1:00 p.m. Birthday Party (2nd Monday)</i> <i>Hosts: Staff</i> <i>Entertainment: “Josh Weece with Elevate Church”</i> <i>Treat Provider: Continental Springs</i> 8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced)	13 <i>9:00 a.m. –11:00 a.m.</i> <i>Medicare Annual Enrollment with Siera</i> <i>1:00 p.m. –Crafts with Diana Paper Flowers</i> <i>(Sign up- Limit of 15)</i> 8:30 am Get Fit With Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning)	14 <i>10:00 a.m. –1:00 p.m.</i> <i>Hy-Vee Shot Clinic</i> <i>(Bring your insurance cards)</i> <i>10:30 a.m. –Fabric Christmas Wreath</i> <i>(Sign up- Limit of 10)</i> 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm No Cafeteria Lunch-	15 9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Beginner) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:00 am Line Dance - (Intermediate) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-	16 9:00 am Get Fit with Lee 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch

11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 1:00 pm Pinochle 1:30 pm Walking off the Pounds	11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Painting Class 1:00 pm Ping Pong	Coffee Shop is open. 12:00 pm 500 Card Club 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds	11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong	11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm 500 Card Club 12:00 pm Card/Game Group-(Misc.) 12:30 pm Open Craft Time No Friday Dance
19 8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:30 pm Movie "RV with Robin Williams" 1:00 pm Pinochle 1:30 pm Walking off the Pounds	20 9:00 a.m. –11:00 a.m. Medicare Annual Enrollment with Siera 8:30 am Get Fit With Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Painting Class 1:00 pm Ping Pong	21 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm 500 Card Club 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds	22 1:00 p.m. Crafts with Diana Decorate a Fall Candy Dish (Sign up- Limit of 15) 9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Beginner) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:00 am Line Dance - (Intermediate) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong	23 9:00 am Get Fit with Lee 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch –Coffee Shop is open. 12:00 pm 500 Card Club 12:00 pm Card/Game Group-(Misc.) 12:30 pm Open Craft Time No Friday Dance
26 1:00 p.m. – (4th Monday) Parkinson's Support Group is via <u>Zoom</u>. <u>Please call prior to coming to allow time</u> <u>for set up.</u> 8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:30 pm Movie "While You were Sleeping" 1:00 pm Pinochle 1:30 pm Walking off the Pounds	27 9:00 a.m. –11:00 a.m. Medicare Annual Enrollment with Siera 8:30 am Get Fit With Lee 9:00 am Penny Bingo 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 1:00 pm Painting Class 1:00 pm Ping Pong	28 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm 500 Card Club 1:00 pm Coloring Corner 1:00 pm Phase 10 1:30 pm Walking off the Pounds	29 1:00 p.m. Halloween Costume Contest 1:00 p.m. Arts with Vivian Envelope Art (Sign up- Limit of 8) 9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Beginner) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:00 am Line Dance - (Intermediate) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch- Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong	30 9:00 am Get Fit with Lee 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch –Coffee Shop is open. 12:00 pm 500 Card Club 12:00 pm Card/Game Group-(Misc.) 12:30 pm Open Craft Time No Friday Dance

Sit and Sip Coffee Shop

Hello from the Sit and Sip. Stop in and check out our new daily specials. Wednesdays from 8:00-10:00 a.m. we have biscuits and gravy. It is only \$2.00 for one open-faced biscuit and two are \$3.00. Thursday mornings will be cinnamon rolls made fresh and served warm for \$1.00.

In the month October, Thursdays' special will be loose meats and chips for only \$4.00. Soup will be back on Thursdays as well.

We still have our famous sandwiches along with croissants, wraps and chef salad. We also have mocha, coffee, tea and other miscellaneous drinks to choose from. Oh, and let's not forget, we have chocolate covered peanuts for 75 cents.

You can stop and eat with us or you can Grab and Go from **8:00 a.m. to 1:30 p.m.**

Our food is made with Love and a Smile! Hope to see you soon! ~Diana



Our coffee shop needs additional support.

If you can volunteer one or more days or even some hours, please contact Michelle or Diana.

Penny Bingo



Well we have put another month behind us.

We are happy to be back and up and playing Bingo! Even though we have limited space, Bingo, still meets on Tuesdays and Thursdays, from 9:00 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. Sometimes on Thursdays we also have 2 paper cards a day.

We wish we could have more people attend and fill the room. But due to social distancing we have room limits. We are limited to 12 people, 6 tables with 2 people per table. Also, at this time we cannot have any potlucks or home-made treats brought in, but everyone seems happy. Hope to see you soon!

P.S. A Big Thank You to all our Callers!

Lola Balstad

New Medicare Benefits Now Available at the Center

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

Wii Bowling/Golf

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

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

A member has donated three new games: Are You Smarter Than a 5th Grader, Family Game Night 2, and The \$1,000,000 Pyramid Game. If anyone would like to put those on the schedule, please see Michelle.

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

Jackie Busch

Zoom Zoom Zoom

The new computer interaction buzz this past year has been video conferencing. It's a great way to see family and friends that live far away. Zoom has been a popular program to visit, connect, and share video time with friends and family. If you want to have a video conference with friends or families our center can help facilitate this conference. With the COVID-19 virus, many people may not have the computer equipment to video chat with friends and family. The center, with a grant from Siouxland Recovery Fund, has the equipment to help facilitate these interactions. See the front desk to schedule a time.

Sandy Announces Retirement; Cloud Covers Sunshine Café



The normally bright and open feel of the Sunshine Café became a little darker as Sandy Welch announced her retirement. "Always a wonderful meal and her chicken drew in a crowd, we will miss her," Carol, a frequent diner said.

After cooking at the Sunshine Café for nearly 4 years and a lifetime of serving meals in Sioux City, Sandy Welch announced her retirement. Sandy initially was on schedule to retire at the end of April. However, with the COVID-19 closure of the center in March, Sandy thought that she would come back to the center and cook for one last month. As the closure continued and life got busy Sandy decided to hang up her oven mitts.

Sandy does know what she will be doing in retirement. "We are fixing up a house in Akron to be closer to the kids, camping, and enjoying the time off. It'll be so odd to me. It's been 30 years of cooking for large groups," she said. "I like staying busy. I'll probably always have my hand helping someone. One has to eat so I guess the recipes just get smaller."

Sandy grew up in Sioux City and was natural at cooking. She loved to cook, and people liked what she cooked. Sandy's favorite special to cook was goulash.

In 2016 Siouxland Center for Active Generations was without

a lunch program. "I knew Jan Green and had worked with her before. She convinced me to give it a try," said Sandy. Sandy stepped in to provide a great hot meal at an incredibly low price. "Home cooking just like we grew up with," said one member who ate daily at the café. "It was a great lunch and great friends. We will certainly miss the companionship and political talks we had around the table."

Sandy greeted every guest that came through her line personally. Sandy and her crew of Barb and Jane also delivered meals to those who were sick and could not come in.

"I loved to chat with customers who have become lifelong friends. Food is love," she said. "It is about and connecting with every customer and thanking them face to face means a lot. Even with gloves on, you can still look them in the eye and say Thank you, and that is special. That was my style," said Sandy.

"Sandy's dedication to us is something that we will remember forever," stated Pat. "She was always here by 7:00 AM to start her scratch menu for the day. We will miss her!"



Some of our needs are as follows:

- Office supplies - Personal Protective Equipment- i.e. masks, hand sanitizer, face shields.
- Donate to the Gift shop - it helps keep us going.
- Gift shop items: clean small appliances, holiday decorations, Gold.
- Volunteers to lead/plan ethnic meals- Yes -Mediterranean, Scandinavian, English, German-all welcome. Here's a time to wave your heritage flag.

Volunteers Needed

We are looking for volunteers to lend a helping hand. We need volunteers to donate their time and talents to improve our programming by facilitating small group activities: such as cards, crafts, cooking class, fitness groups, music, entertainment, talk show presentations, or other projects or activities.

This is a great opportunity to help the seniors of our community.

Can you help? If you are interested or know anyone interested stop by or call and speak with Pat or Michelle at 712-255-1729. We would love to hear from you. Please spread the word.

- You! Our center needs volunteers to help facilitate events & programs. Talk show hosts: travel, educational or help others find their passion through your program
- Spread the word to your friends. There's still a lot to do at our center or lead a program. If each member asks a friend to join, we will meet our membership goals.
- Fall Colored Table Clothes (orange, brown, yellow, green), and always red, white and blue.
- Amazon Smile uses the Center as your favorite charity.

Annual Open Enrollment Workshop

Looking for something creative to do? Beginning on **October 13th, on Tuesdays from 9:00- 11:00 a.m.**, Siera will be here to help individuals answer any Medicare questions, review benefits (including prescription look up), and make any changes you would like for 2021.

Brand new to Medicare or turning 65? Siera can help you go over the options available to you and get you enrolled in a plan of your choice.

Young at Heart Line Dancers

Hello to All!

We have danced a whole month now. Even with the virus and wearing a mask, we are doing great! We take breaks a little more often and are so happy to see so many of our dancers back, enjoying seeing each other, and getting the exercise we all need for our bodies and minds.

We're hoping that all the center's members will feel comfortable coming back soon to participate in the activities they enjoy doing!

Many thanks to all volunteers for the work they are doing to keep the center going!

So happy for the great sandwiches, wraps and wonderful salad plate that the Coffee Shop is preparing for lunch. There is nice variety and it is appreciated by all. We hope to see more of you soon!

Sally, Arlene and Lila



Woodcarving

Looking for something creative to do? How about woodcarving? Don't be shy. We welcome new members to come join us on **Mondays and Thursdays from 11:00 a.m. until 1:00 p.m.** The woodcarvers are happy, friendly and fun. We will help you get started with your first projects, and before long you will be helping others. Stop in and chat. See what we are making and check out our showcase.



Misc. Card/Game Group

If you like playing card games, stop in on Fridays from 12:00 -2:30 p.m. in the Bingo Room.

Play Uno, Skip-Bo, Crazy 8's, Hearts, King's Corner, Spades or other card games you like.

You certainly can play Yahtzee or other games if you wish. Your choice. Maybe you will learn a new game or meet some new friends! Spread the word, bring a friend, just come and have some fun!

Bridge News

I was happy to see the Center Newsletter again. First, our bridge tournament scheduled for October was cancelled because of COVID. The American Contract Bridge League cancelled all tournaments for the remainder of 2020. Even the national tournaments are being held online. I think bridge must be good for our health as none of the bridge players has been a victim of the virus. Our local players have been busy with almost daily online games that include the Sioux Falls, Spirit Lake, and Fort Dodge groups. We've met many of these players at tournaments, so it's like playing with invisible old friends. One bit of real news is that our own Scott Sorensen finished 2019 as one of the top five rookies in America. He was beaten by an 8-year-old California boy who had the geographical advantage of many available games and tournaments. We don't have much locally available, so we must play harder. This does show that the bridge game isn't just for older people.

Our bridge classes continue online. Diane Howard alternates Bridge Base Online and Zoom classes Monday mornings at 9:30. Audrey Ercolini has a beginner class on BBO Thursday mornings at 9:30. Bridge players are welcome to join us for games and classes. Don't miss out on online bridge fun.



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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. 6th..... Write About What Is
in Your Junk drawer?**

**Oct. 13th..... Write About One
of the 7 Wonders of
the World, Medieval
or Natural!**

**Oct. 20th Write About an
Influential Woman
That You Admire!**

**Oct. 27th..... What Invention Has
Been a Benefit to you?**

5. Avoid a bruised pumpkin and look for a smooth surface. If you are carving it will be much easier!

AUTUMN BEGINS

"Autumn begins with a subtle change in the light, with the skies a deeper blue, and nights that become suddenly clear and chilled.

The season comes full with the first frost, the disappearance of migrant birds, and the harvesting of the season's last crops."

(Glenn Wolff)

TRICK OR TREAT

Dressed up little creatures on a dark October night, Run from door to door giving everyone a fright, They come and ring your doorbell and before they retreat, They beg you for some candy by yelling, "Trick or Treat".

(Nancy Hughes)

~ Alice Reeg, Creative Writing

**PICKING A PUMPKIN
FOR CARVING**

It's always fun to find that "perfect" pumpkin. Here are 5 tips for selecting your pumpkin!

1. Look for a pumpkin that has a deep orange color.
2. Knock on the pumpkin to check that it is hollow(ripe).
3. Make sure the bottom of the pumpkin isn't soft and mushy! The bottom should be flat so it doesn't roll.
4. Check that the stem is firm and secure. Never pick up a pumpkin from the stem. It may break and leads to faster decay.

Walk This Way Lap Dawgs

Members, our walkers are back! Which way are they walking? Whichever direction makes them happy, while having fun and getting their miles in! Is it too hot outside for you to walk comfortably? If so, come enjoy the comfort of our air-conditioned building and meet up with some of your friends and WALK THIS WAY, Monday to Friday 8:00 a.m. -2:30 p.m.

**Pleasant and Affordable Housing Communities for Elderly and Disabled**

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SHIIP - MEDICARE OPEN ENROLLMENT

This year, the annual open enrollment for Medicare Part D plans and Medicare Advantage plans will be from October 15th to December 7th, 2020. Thanks to the generosity of the Siouxland Center for Active Generations and the Iowa Insurance Dept., this wonderful free service will again be available this fall.

For the protection of all, this year's consultation will be via **telephone only**. No "in-person" appointments will be available. Although a bit awkward, the comparisons over the phone can go smoothly with your help. To take advantage of this service, please follow the steps below.

1. There will be an **"intake"** form created by the Shiip office in Des Moines. Which can be picked up at the Center. To expedite telephone service, you will need to complete the intake form in its entirety before your telephone meeting.
2. **To schedule your phone appointment, please call the center at 712-255-1729. Or you can schedule your appointment in person when visiting the center. Appointments will be first come, first served.**
3. For a reminder, you'll receive a phone call 24 hours before. If you need to reschedule, the center staff will be glad to assist.
4. Allow approximately 30-45 minutes for your phone appointment.
5. As in the past, plan enrollments are from **10/15 to 12/07/2020**, and the plan will go into effect on January 1st, 2021.

If you wish and are able, the Medicare website, www.Medicare.Gov allows you to conduct searches and comparisons. This information/service is also available by calling Medicare directly at 1/800/Medicare.

*The protection of personal data is vital. You will **never** receive a phone call from Medicare or the IRS.*

We hope you'll take advantage of our free service again this year and look forward to helping.

Tom Hildebrand/Harvey Rabe

Chair Yoga

Hi, from Kaye! I have been looking forward to resuming Chair Yoga. However, it is still suspended at this time.

The pandemic caused by COVID-19 can trigger what doctors call a respiratory tract infection. In doing some research for this article I reviewed the American Lung Association's web page. It directed me to a couple of types of breathing exercises including pursed breathing which makes it easier for the flow of air into and out of the lungs and belly breathing, which focuses on strengthening the diaphragm, the primary muscle in the breathing process. I was pleasantly surprised to realize those are some of the breathing exercises we start each session with. We must give these guys credit for being proactive in their self-care.

Health Benefits of Chair Yoga

- Anyone can do it.
- You can do yoga anywhere. You don't need special equipment or special shoes.
- Stronger body. You don't have to lift weights to strengthen your muscles.
- Greater flexibility.
- Better balance.
- Less stress.
- Sound sleep. Regular practice causes your body to make more melatonin, a hormone that helps control sleep cycles.
- Better Breathing. It can improve your lung capacity.

Even though the Chair Yoga program is still suspended at this time, please be sure to watch for updates. I would like to suggest that everyone be safe and get their flu shots. Stay Healthy and I hope to see in the near future!

Kaye Plantenberg

Coloring Corner

Coloring is an excellent form of therapy. Many of us have heard and experienced how coloring can help us relax. Feel free to join your friends in the Craft Room at the center, **Wednesdays at 1:00 p.m.**, for some coloring fun. Hope to see you there!

Ron's Painting Classes

Social Distancing and Masks are the key.

The Art class reopened on July 22nd. We have averaged 4 people per class, but we have room for 7 people. They are respecting social distancing, wearing a mask and washing their hands.

If you have always wanted to experience the Joy of Painting, now is your chance! You don't have to be an accomplished artist to join Ron's Painting Class. Beginners are always welcomed and encouraged to come! Painting classes are scheduled **Tuesdays at 9:30 a.m. & 1:00 p.m. and Wednesdays at 9:30 a.m.** As much as Ron enjoys helping others and guiding them with painting, this class is not just about painting. If you like to socialize, meet new friends & experience the Joy of Painting, then you will fit right in. If you are interested in finding out more about this activity, please feel free to stop by or call Ron McKewon at 712-444-3993.

Ron guides you through painting class including:

- Mixing colors and color values
- Different types of painting surfaces
- How to prime and prepare canvas, wood panel and watercolor paper
- Demonstrations on painting techniques (how to paint trees, grass, skies, water, hills and shadows.)
- The importance of framing and matting



OCTOBER BIRTHDAYS

Jim Adkins
Joe Allen
Wini Arneson
Lewis Baber
Carroll Baker
Phyllis Banta
Lori Baxter
Hope Benton
Saundra Berger
Ken Biggerstaff
Machell Bingen
Liz Blachnik
Mike Blanchard
Jeanette Bobeen
Dawn Bomgaars
Jane Breen
Jackie Busch
Katie Bush
Patricia Calvillo
Linda Camarigg
Lee Chamberlain
Bobbi Collins
Judith Cowley
Judith Crane
Jerry Crossland
Mary Deroos
LaVonne Elmore

Jeanne Emmons
Gale Eveleth
Fred Forney
John Glaza
Jennifer Goodier
Mary Grause
Jean Groves
Audrey Hansel
Rosalie Hansen
Diana Hejhal
Lila Henke
Ron Hope
Diana Howard
Margee Joines
Nancy Keairns
Vertus Kluver
Michele Lennon
Doris Lindgren
Thomas Magel
Lynda Martin
Lisa Martindale
David McDevitt
Barbara McKenney
Sophie Milbrodt
Stephen Mitchem
Jane Morrissey
Jim Moyle

Earl Oleson
Allen Oster
Stacey Petersen
Delores Phillips
Dee Richter
Steve Rogers
Roberta Rozell
Jean Schneider
Judith Ann Schutt
Grace Semple
Marcia Singer
Diana Stokes
Barb Stuart
William Thompson
Jeanne Thune
Keith Towns
Eddie Tudehope
Tom Vakulskas
Paula Van Roekel
Chris VerSteeg
Harvey Viken
Verna Welte
Carolyn Wendte
Dianne Wickstrom

NEW MEMBERS

MIKE BLANCHARD

JEANETTE BOBEEN

ALEXANDER ESTEVES

JUDY GIBSON

PHYLLIS MCMILLAN

TERRY PROKOP

GARY PROKOP

CAROLYN WENDTE

WE REMEMBER

CLARENCE BACKER

LINDA MINCER

CHARLES SWANSON

ANNA GROSS

IN LOVING MEMORY OF

CONNIE WOLFE,

Center Volunteer and Friend

MEMORIALS

For: Don Beals

From: Susan Green

For: Harold & Emma Hansen

From: Steve Hansen and Family

Overactive bladder?

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

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

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keyword: Bladder Health

SANFORD
WOMEN'S

Take a Gracious Path

Kay Reynolds

Stop—pause—and assess my action
Where do I stand—what have I done?

Have my thoughts
and actions been worthy—
Striving for a gracious life
and goodness won?

Let me start fresh and anew this day
Active listening to others in need;
Taking advantage of abilities to learn
Putting new energy into my soul to feed

Give me strength to pressure on
All my works in each day to pursue;
Ways to grow stronger and more firm
The blessings I'm given and always renew

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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.

Miriam Clayton
 Sherry Evans
 Virginia Gries
 Richard Hayes
 Sally Kimball
 Clark Kleinberg
 Mindy Krause

Janette Linden
 Pamela Mears
 Darla Miller
 Russell Movall
 George Polak
 Vickie Porter
 Don Schultz

Bob Wolf
 Claryce Welch
 Erika Worrell