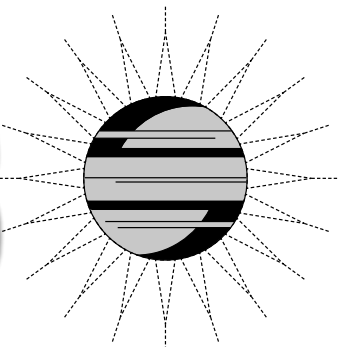


JANUARY 2022 SUNSHINE NEWS



Telephone
712-255-1729

Number
517

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

How to Shorten the Long Winter

Sit around the coffee table in the morning at the Center and one most likely will hear of the reports of the weather quickly followed by discussion of the latest Farmer Almanac prediction. Few around the round table remember one of the worst Iowa winters on record. In 1936 the weather stopped trains and travel, limited food supplies and produced hardships like no one had ever seen. But a few of our members recalled the the Mid-March blizzard of 1965 and the 1960 winter with piles of snow and plenty of cold breezes. One member recalled shoveling snow for extra money and walking the neighborhood with shovel in tow just to earn a bit of money for the trip to the "Piggly Wiggly".

The winter months always seemed long growing up, however, we fondly now remember the benefits of the long winter-wonderful times: siblings playing Canasta, 500 or whist card games or board games bought as Christmas gifts. These games helped pass the winter months. As the winter winds whistled outside the drafty windows, these games deepen our character by improved critical thinking, competition, and helped us cope with the successes and losses. But mostly they improved our family bonds by providing opportunities for interactions during these forced times with each other.

Retirement sometimes brings opportunities to break from the long northern winters with fun and relaxation in the South.

Savings and sound fiscal spending help make this opportunity available for some retirees. Easier access to quick and efficient transportation also contribute to making these breaks a quick reprieve from the chilled air. For those that choose to stay close to children or grandchildren's events in Siouxland, our Center offers a reprieve from the cold weather too. A stay home vacation-here you can find a Canasta, 500, Bunco game, socialization and dance opportunities or grab a cup of coffee and a story. It is great place to meet up without having to worry about the straitening up the house or providing a snack for your friends. It's like having a clubhouse with all the great amenities without the expenses. Bring a friend to our Open Houses this January and enjoy one of the best kept secrets in Siouxland-- our Center.

Here's a rare photo of how my parents supposedly got to and from school



CENTER POLICY ON ADVERSE WEATHER CONDITIONS:

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

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CENTER HOURS

The hours for the center are
**Monday-Thursday,
 8:00 a.m.-2:30 p.m.**
Dance Fridays 8:00 a.m.-3:30 p.m.

MASKS ARE STRONGLY ENCOURAGED.
 Please respect those who wish to continue to wear the mask.

the Sunshine News

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

www.siouxlandcenterforactivegenerations.com

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Annual Dues — \$52 per Person

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in the Sunshine News

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

Rock Steady Boxing

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Founded in 2006, by a young onset patient who wanted to challenge his disease, its origin comes from his personal regimen designed by a boxing trainer.

Working with a coach on a modified boxing regimen to gain strength and agility, he noticed improvements in his health and a reduction in Parkinson's symptoms. He achieved such individual improvement that he formed a nonprofit to help bring the program to others. Today there are over 1000 RSB programs around the world.

According to RSB, "boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back." Come join and see the benefits today.

Is Interactive Metronome for You?

Interactive Metronome® (IM) is a rehabilitative and brain training neurotechnology that combines the concept of a musical metronome with a computer-based program that accurately measures and facilitates the improvement of an individual's rhythm and timing. IM training involves reducing the mean negative synchronization error during normal tracking of a regularly occurring auditory tone metronome beat. Participants receive feedback through a guidance system as they progress through interactive exercises. Although feedback is provided through both visual and auditory stimuli, the auditory feedback guidance system is the primary feedback method. The auditory feedback system provides tonal stimuli that indicate whether the participant responded prior to, at ("on target zone"), or past the regularly occurring auditory metronome beat. The accuracy of participants' expectancy response to the metronome beat is provided in milliseconds, with different tones indicating far from, close to, or at the metronome beat. A visual reading of millisecond latency is also presented on a computer screen.

Let It Snow

It was heard by the front desk someone singing (I don't think it was Frank Sinatra) but it was his song, "Let it snow let it snow". While most of us cringe at the thought of shoveling snow, the Center has a new tool to help relocate the falling snow. Thanks to Paul Zielezinski, Paul recently donated a new snowblower to the Center. A great gift to help clear the pathways for our members. Thanks Paul!



Drum Circle

Interested in joining us on a drum circle? This popular activity can energize you, improves concentration and focus, reduces stress and release negativity. A new group will be starting in February. Sign up today to join the fun.



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January 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:

- Jan 4th..... Write On Another Year Already!
- Jan 11th..... What Are Things You Did Well This Week?
- Jan 18th Why is Dr. King's Speech "I Have A Dream" So Historic?
- Jan 25th Write on "Ellis Island" And Immigrants Hopes And Dreams!

WINTER POEM:

"The sun came out
and the snowman cried,

His tears ran down on every side.
His tears ran down
till the spot was cleared,
He cried so hard that he disappeared."
(Hillert)

RESOLUTIONS FOR 2022:

1. Make time for exercise
2. Stop eating fast foods
3. Read more
4. Give money to a worthy cause
5. Be kind to yourself.

~ Alice Reeg, Creative Writing

Crafts with Diana

In November the ladies enjoyed their time with Diana as they painted holiday door hangers and decorated clear Christmas ornaments.

Her December classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the \$4.00 fee for the class **(Limit – 10)**

- 1:00 p.m., Tuesday, January 4th: Wooden Board Craft
- 1:00 p.m., Tuesday, January 18th : Pine Cone Owl Craft



Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

Siouxland Center for Active Generations Investment Fund
313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Gifts & Donations

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

We thank them for their thoughtfulness.

Alice Reeg	Eric & Judy Johansen	Marvin Pottebaum	Sandy Kuntz
Alice Sailors	Gail & Tom Brown	Mary Lou Burns	Sharon Junge
Anna Kounas	Gerald Taylor	Margaret Neely	Sharon Murphy
Arlene Milbrodt	Helen Ericksen	Mike Tew	Sharon Neely
Barb Frey	Jane Henderson	Nick Roder	Sherry Evans
Betty Sampson	Jeanne Dunbar	Norma Ulmer	Sue Jones
Bob Morrissey	Jim Brehm	Normagene Hughes	Sue Levay
Bruce Hunkins	John & Sandy Graser	Paul Zielezinski	Suzanne Kofka
Carol Gall	Judy Peterson	Ramon Sundquist	Teresa Johnson
Deanna Jacobs	Judy Rehurek	Rita Swanson	Terry Prokop
Dianne Wickstrom	Kyong Hanshaw	Rose Gilson	Theresa Hammond
Donna Olson	Leo Thornton	Rose Heeren	Vikki Jacobs
Dorothy Swanson	Lola Balstad	Sally Tharpe	Willard Snyder
Elizabeth Kozinski	Mariann Leisinger	Sandy Graser	



January Birthday Party

Our January monthly birthday party will be held **Monday, January 10th, at 1:00 p.m.**, in the multi-purpose room.

We would like to thank **Countryside Health Care Center** for providing cookies. Also, Thank you to **Continental Springs Nursing Rehab & Senior Living** for the great cakes!

Last but not least, we would like to thank the **Center Stage tappers and Ron McKewon** for the wonderful entertainment for October's birthday party! We appreciate all your support!



Welcome to the Library

Please join us in putting a puzzle together.

We still have books for sale and are adding new books to the table daily. Some new authors added are Jaimes Patterson, Michael Connoley, and Lee Child
See you in the library!

-Helen Eriksen

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

Bickford Assisted Living & Memory Care
Bruce Hunkins-United Health Care
Care Initiatives Hospice
Charter Senior Living
Continental Springs Nursing Home
Countryside Healthcare Community
Dixie Gors - Realtor
Fareway
Heritage Northern Hills
Hospice of Siouxland
HyVee - Hamilton
Koated Kernels
Palmer Candy
Recover Health - Wendy Beavers
Sugar Shack Bakery
Wagner Ear, Nose & Throat
Chick-fil-A
Milwaukee Wiener House

BUNCO FOR ALL

The inaugural BUNCO games started last month. You too can join the fun this month. This new program is scheduled on the **3rd Friday of each month at 1:00 pm.** This month it lands on **January 21st.**

Bunco is a dice game generally played with 12 or more players, divided into groups of 4, trying to score points while taking turns rolling 3 dice in a series of 6 rounds. A bunco is achieved when a person rolls three-of-a-kind and all 3 numbers match the round number.

There is a \$5 fee each month per member for the 4 prizes given: 1st, 2nd, 3rd and booby prize (least amount of buncos) **If you would like to participate, please sign up at the activities table.**



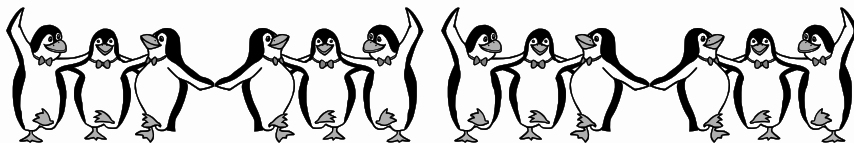
Coat Drive for Siouxland Schools

Care Initiatives Hospice, along with Marto Brewing Co., Charter Senior Living of North Park Place, Community Action Agency of Siouxland, Sioux City Community School District, and the Siouxland Center for Active Generations will be hosting the second annual NEW YEAR COAT DRIVE. Accepting donated new or gently used coats and new hats, mittens or scarves. Infant to high school sizes. The drive will start on January 6, 2022 and end on January 18, 2022. Items can be dropped off at Care Initiatives Hospice, Marto Brewing Co., Charter Senior Living of North Park Place, Mater Dei Parish Office, Sioux City Community School Administrative building or at the Siouxland Center for Active Generations. Collected coats will be donated to the Sioux City Community School District and Community Action Agency of Siouxland. Go to the Care Initiatives Hospice Facebook page, for more information.

Center Stage Tappers

Have you ever thought about trying tap dancing? We would love to have you be part of our Tap group. Even if you have never tap danced before, if you are interested, please stop by. Our Tappers are offering beginners a chance at trying tap-dancing starting at **12:15 p.m. on Tuesdays**. Come give it a try.

Tap dancing is a great cardio workout: According to an article by silver sneakers, "An hour of tap dancing is thought to burn anywhere between 200-600 calories depending on your pace, the steps sequence, and the effort used in the hour." Tap dancing tones the major muscle groups in the legs and core and there are many more benefits.



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January Yearly Membership Anniversaries

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

- | | | | | |
|----------------|----------------|-----------------|-----------------|------------------|
| JOSEPH ALLEN | MARY LOU BURNS | JOHN ECKHOFF | ARLENE HELD | KEN SCHATZ |
| JIM ANDERSON | DARLENE | MARGO ELZEINI | JANE HENDERSON | DAVID SILVERBERG |
| RICHARD | COULSON | TOM FLOHR | SHAVONNE KOPAL | JUDY A (REV DR) |
| ANDERSON | JOHN COWLEY | KIRK FRANK | CHERYL KOUNAS | SMITH |
| PEGGY ANDERSON | JUDITH COWLEY | JOHN GLAZA | SUE MACE | MICHAEL A REV |
| MARILYN BERKE | SHERRY CRAIG | LONNIE | BRYAN ALLEN | SMITH |
| COLLEEN | DOROTHY CRIM | GUSTAFSON | OLSON | SCOTT SORENSEN |
| BOCHMANN | DEAN DANILSON | LUCIEN HAMERNIK | CANDIE PALACIO | DEAN STOLL |
| SPENCER BRENDE | LESLIE DAVIS | MARY HAMMACK | MICHAEL RICHTER | KATHY WATKINS |
| MICHELE BRENDE | JIM DAVIS | CLEO HARDER | LEONA ROGERS | KAREN WILCOXON |
| GAIL BROWN | PAM DILLON | RICHARD HAYES | RICH ROSENBAUM | |



Take off Pounds Sensibly (TOPS)

Real people. Real weight loss. TOPS has been helping millions to take off pounds sensibly since 1948. The decision to lose weight starts in your mind, and the journey to better health starts with you!

If you have been looking for a weight loss support group, we have one here at the center on **Fridays beginning at 10:00 a.m.** Feel free to stop by our TOPS group to see what it is all about.

Karaoke

Don't be shy. Come unleash the singer within you and be a star! The Karaoke singers have a great time singing. Please come join in on the fun. The more the merrier. We meet **Fridays from 11:00 am-12:00 p.m.**

See you in the Gift Shop!

Here's what's new for the upcoming winter in the gift shop... We have many baskets, and other collectables, and much more. Just stop in and take a minute to look around. You will always find something new and different. Visit our Gift Shop to donate, shop, or just stop by and visit for a bit. We love your company!

Our shelves have space for any treasures you may no longer need, we are happy to take them off your hands, (No TVs, large appliances, or clothing items please.) We are currently in need of PUZZLES so please drop off any you no longer want or need. Remember the gift shop is open to members and non-members alike.

Our Gift Shop depends upon your support so please keep donating and purchasing, Save your extra pocket change and shop, shop, shop! We look forward to seeing you.

Your Friends at the Gift Shop

Belly Dancing

Belly Dancing is on Monday and Tuesday mornings at 11:00 a.m. in the Exercise room. No special clothing or equipment is needed to participate. Individual moves will be taught so each participant can create her own dance form. We have fun learning the moves that improve the core and overall muscle tone.

New members are always welcome. Feel free to come and give it a try or if you are not sure, come and watch. It's a great exercise
-Ibu Nooney

Holiday Party 2021

We had an awesome time at our holiday party on Wednesday Dec 15th. There was yummy food and music. Members enjoyed conversations and had a gift and cookie exchange.



Woodcarvers

The friendly woodcarvers challenge you to test your artistic talents with carving. WE look forward to helping you, starting you on a project, and seeing you through completion. 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.** in the craft room. Pretty much any one can carve if they try! Both men and women are welcome. Stop in and check out the show case and see what we are making. We look forward to seeing you!

WISH LIST

- You! Our Center needs volunteers to help facilitate events & programs
- Volunteers to lead/plan ethnic meals -YES- Mediterranean, Scandinavian, English, German – all are welcome. Here's your time to wave your heritage flag.
- Spread the word to your friends. There's still a lot to do at our center or lead a program. If each member asks a friend to join, we will meet our membership goals.
- Donate to the gift shop – it helps keep us going. Clean small appliances, dishware, home décor.
- Fall and winter-colored tablecloths, and always red, white and blue



Penny Bingo

We play from 9:00 a.m. to 11:30 a.m. and 12:30 p.m. to 2:15 p.m. Tuesday and Thursday. One cent per card up to 6 cards. We have paper BINGO cards, 1 morning and 1 afternoon. With a nice payout- A special one on Tuesday, See you here!

Friday Dances

Beginning in September, our dances are scheduled on every **Friday of the month from 1:00 p.m.-3:30 p.m.** **The dances are open to the public. Member's Entry fee is \$3.00, non-member's fee is \$6.00. Meal site spectators \$2.00. We accept cash only.**

- **January 7th Jerry O'dells Country Flavor**
- **January 14th Ed Tryon big band sounds**
- **January 21st Country Brew**
- **January 28th Triple Threat**

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



A big thank you goes to **The Heritage at Northern Hills, Country Side Nursing Home and Bickford Assisted Living and Memory Care**, for being treat providers for our Friday dances. Also, thank you to all our volunteers for your help with the dances. Lastly, but certainly not least, thank you to all the amazing bands that play here for the fabulous entertainment. We appreciate everyone's support!

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



January 2022

Questions? Call (712) 255-1729 OPEN: Monday- 8-2:30 p.m. Tues-Friday 8:00 am-2:30 p.m., Fridays 3:30 p.m.
Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Coffee Series— Outsmart Yourself 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Zoom Lessons 12:00 pm Pinochle 12:30 pm Movie 12:30 pm Bridge-Duplicate 1:00 pm politics with Pat 1:30 pm online shopping lessons 1:30 pm Walking off the Pounds</p>	<p>4</p> <p><i>Crafts with Diana</i> <i>Wooden Board Craft (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class</p>	<p>5</p> <p>8:20 am Walking Exercise 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 -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>6</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>7</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00 –3:30 PM -Friday's Dance</p> <p><i>Featuring</i> <i>Jerry O'dell</i></p>
<p>10</p> <p>9:30 am <i>Grief Support</i> (2nd Monday)</p> <p>1:00 p.m. <i>Birthday Party (2nd Monday)</i> Hosts: Staff / Volunteers</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Coffee Series— Outsmart Yourself 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Zoom Lessons 12:00 pm Pinochle 12:30 pm Movie 12:30 pm Bridge-Duplicate 1:00 pm Politics with Pat 1:30 pm online shopping lessons 1:30 pm Walking off the Pounds</p>	<p>11</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>12</p> <p>Open House invite your friends to check out the center 10:00 am Medicare 101</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:00 am Medicare 101 workshop 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p>13</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>14</p> <p>10:30 am <i>Genealogy Class</i> (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 –11:30 am Blood Pressures- (Mercy) 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>Ed Tryon "Big Band Sounds"</i></p>
<p>17</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Coffee Series— Outsmart Yourself 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Zoom Lessons 12:00 pm Pinochle 12:30 pm Movie 12:30 pm Bridge-Duplicate 1:00 pm Politics with Pat 1:30 pm online shopping lessons 1:30 pm Walking off the Pounds</p>	<p>18</p> <p><i>Crafts with Diana</i> <i>Pinecone owl Craft (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:00 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>19</p> <p>8:20 am Walking Exercise 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 -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club</p>	<p>20</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg</p>	<p>21</p> <p>1:00 pm <i>BUNCO (3rd Friday)</i></p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:30 pm Card/ Board Game Group-Misc.</p>

11:00 am-12:30 pm -Coffee Shop Lunch
 12:00 pm Pinochle
 12:30 pm Bridge-Duplicate
 1 pm Politics with Pat
 1:30 pm Walking off the Pounds

11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Unlucky 7 Dice Game
 11:00 am-12:30 pm Coffee Shop lunch
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Crafts with Diana
 1:00 pm Ping Pong

12:00 pm Bridge -Mens
 12:30 pm Tatting 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds

12:30 pm Penny Bingo
 1:00 pm Ping Pong

12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00 pm Bunco
 1:00—3:30 pm Friday Dance

*Featuring
Country Brew*



24

8:00 am Scrapbooking
 8:20 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Wii Bowling
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 10:00 am Coffee Series -Outsmart yourself
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:30 am zoom lessons
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm Pinochle
 12:30 pm Movie
 12:30 pm Bridge-Duplicate
 1:00 pm politics with Pat
 1:30 pm online shopping lessons
 1:30 pm Walking off the Pounds

25

9:00 am Fitness Logic with Lee
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Painting Class
 10:00 am Open Bridge Group
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Belly Dancing
 11:00 am Jazz Dancercise
 11:30 am Mexican Train
 11:30 am Unlucky 7 Dice Game
 11:00 am-12:30 pm Coffee Shop lunch
 12:30 pm Penny Bingo
 12:30 pm Tap dancing
 1:00 pm Painting Class
 1:00 pm Crafts with Diana
 1:00 pm Ping Pong

26

*Open house invite your friends
to check out the center*

8:20 am Wal king Exercise
 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 -\$1.00 Guests
 11:30 am Phase 10
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm 500 Card Club
 12:00 pm Bridge -Mens
 12:30 pm Tatting 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds



27

9:00 am Penny Bingo
 9:00 am Line Dance-(Intermediate Advanced)
 9:00 am Senior Yoga (CD)
 9:00 am Rock Steady Boxing (Fee)
 10:00 am Line Dance-(Beginner)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Line Dance-(Intermediate Beginner)
 11:00 am Woodcarving
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Ping Pong



28

9:00 am Fitness with Dixie
 10:00 am Chair Yoga with Kaye
 10:00 am T.O.P.S- meeting
 (Take Off Pounds Sensibly)
 11:00 am Jazz Dancercise
 11:00 am Karaoke
 11:30 am Open Bridge Group
 11:30 am Mixed Media Art Class/ Vivian Miller
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00—3:30 pm Friday Dance

*Featuring
Triple threat
Free will donation*

31

12:30 pm craft beer making

8:00 am Scrapbooking
 8:20 am Walking Exercise
 9:00 am Senior Yoga (CD)
 9:30 am Wii Bowling
 10:00 am Knitting & Crocheting
 10:00 am Tai Chi (Advanced)
 10:00 am Coffee Series -Outsmart yourself
 11:00 am Belly Dancing
 11:00 am Woodcarving
 11:30 am zoom lessons
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm Pinochle
 12:00 pm Craft beer making
 12:30 pm Movie
 12:30 pm Bridge-Duplicate
 1:00 pm Politics with Pat
 1:30 pm online shopping lessons
 1:30 pm Walking off the Pounds

1

9:00 am Fitness Logic with Lee
 9:00 am Penny Bingo
 9:00 am Rock Steady Boxing (Fee)
 9:30 am Painting Class
 10:00 am Open Bridge Group
 10:00 am Creative Writing
 10:00 am Tai Chi (Beginning)
 10:30 am Silver Sneakers Classic Fitness
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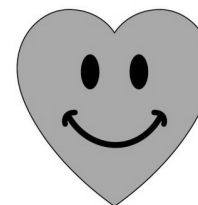
2

8:20 am Walking Exercise
 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 -\$1.00 Guests
 11:30 am Phase 10
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm 500 Card Club
 12:00 pm Bridge -Mens
 12:30 pm Tatting 101
 1:00 pm Coloring Corner
 1:30 pm Walking off the Pounds



3

9:00 am Penny Bingo
 9:00 am Line Dance-(Intermediate Advanced)
 9:00 am Senior Yoga (CD)
 9:00 am Rock Steady Boxing (Fee)
 10:00 am Line Dance-(Beginner)
 10:30 am Silver Sneakers Classic Fitness
 11:00 am Line Dance-(Intermediate Beginner)
 11:00 am Woodcarving
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm Cribbage
 12:30 pm Mah Jongg
 12:30 pm Penny Bingo
 1:00 pm Ping Pong



4

9:00 am Fitness with Dixie
 10:00 am Chair Yoga with Kaye
 10:00 am T.O.P.S- meeting
 (Take Off Pounds Sensibly)
 11:00 am Jazz Dancercise
 11:00 am Karaoke
 11:30 am Open Bridge Group
 11:30 am Mixed Media Art Class/ Vivian Miller
 11:00 am-12:30 pm Coffee Shop lunch
 12:00 pm 500 Card Club
 12:00 pm Card/ Board Game Group-Misc.
 12:30 pm Open Craft Time
 1:00—3:30 pm Friday Dance

*Featuring
4 on the Road*

Siouxland Center

for Active Generations

Now serving in the Coffee Shop

Serving from 11:00– 12:30

Carry-out available

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 CENTER CLOSED	4 Pot Roast with Vegetables	5 Soup Chicken Mashed Potatoes Vegetable	6 Chicken & Noodles Mashed Potatoes Vegetable	7 Spaghetti with Meat Sauce Garlic Bread Soup
10 Soup Grilled Cheese	11 Swiss Steak Mashed Potatoes & Gravy Vegetable	12 Meatloaf Mashed Potatoes & Gravy Vegetable Soup	13 Soup Chicken & Rice Casserole	14 Tater Tot Casserole Salad Soup
17 Chili Roll	18 Baked Ham Mashed Potatoes & Gravy Vegetable	19 Soup Moroccan Chicken Breasts Rice & Vegetable	20 Ultimate Grilled Cheese Tomato Soup or Salad	21 Ham & Bean Soup Cornbread
24 Minestrone Soup Sandwich	25 Cabbage Roll Casserole Dinner Roll	26 BBQ Ribs Baked Beans Cole Slaw or Potato Salad	27 Chicken Pot Pie Salad	28 Salisbury Steak Mashed Potatoes & Gravy Vegetable
31 Beef Stroganoff Noodles Roll		Check out our new Winter Drink Menu		Wednesdays: Biscuits & Gravy Served 8am – 10am 1 for \$2 or 2 for \$4

Genealogy Class

Genealogy Class meets the 2nd Friday of each month from 10:30-11:30 a.m.

This month's topic is Newspaper research

Have you ever wondered about your family ancestry or wanted to create a family tree? Come learn how to trace your family back in time. You will learn how to uncover your past and record your family history.

New members are always welcome. Bring the information you have on your family or start from scratch. Cheryl and Phyllis are always here to help you find your family information. As well, feel free to bring your laptop or iPad.

Chorus News

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

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

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

Pinochle Fun

The Pinochle card group is looking for additional players to join in for some Pinochle fun. Please feel free to stop in on Mondays beginning at **12:00 p.m.** We hope to see you soon!

Canasta

Our canasta card group is looking for more players to join in. Whether you have played or not you are welcome to join in! feel free to stop in Thursdays at 11:00 am. We hope to see you soon!

Walking Exercise Group

We have a walking exercise group that meets on Monday and Wednesdays at 8:20 a.m.-8:50 a.m. You are invited to stop in the exercise room and walk with us. You can meet up with your old friends or meet new ones while walking and getting your miles in.

SilverSneakers Classic Fitness Program

SilverSneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Our Participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. Sometimes a chair is used for seated exercises or standing support. Our SilverSneakers classic is taught Tuesdays and Thursdays at 10:30 a.m. Come join the fun and fitness routine millions of Americans are using each and every day.

The class is free to SilverSneakers members and \$1.00 for other members that want to join.

Grief Support Program

No matter where you are in the grieving process, we will be there to reinforce you, encourage you, and help you during this difficult

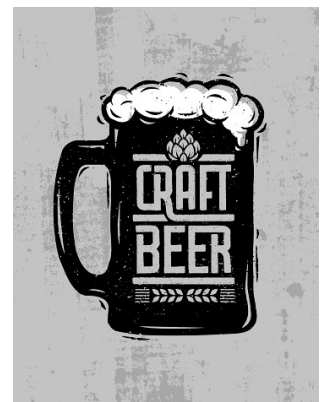
- This is a FREE ongoing support group for Active Generations members.
- This is an opportunity to meet other grieving people and share experiences and coping strategies.
- Led by professionals with decades of experience.

It is held on the 2nd Monday of the month at 9:30 a.m. in the conference room

We are here for you. You don't have to go through this alone. Let us, and others who have gone through this, help you through this difficult time by offering support to you and a safe place to talk about your loss and feelings with people who truly care, understand, and can validate your feelings and offer you comfort.

Craft Beer Brewing Group

Many people are enjoying the taste of new craft style of beers. One only has to look downtown Sioux City to see the new local brewers practicing their craft. Some of our members have dabbled in the beer or wine making craft at home and thought that others might be interested in brewing some at the Center. We are working with a local brewer to help teach the craft of brewing. If you are interested in joining this new group sign up table or at the front desk. The members will be meeting on January 31st at 12 pm.



Sit and Sip Coffee Shop

The holidays are behind us, and the New Year has arrived. May we all be blessed with good health and great joy in 2022.

Stop in and check out the new drink menu for the winter months; hot chocolate, spiced cider, and a variety of teas to warm you on these cold winter days. We will continue to offer soups as well as our daily lunch specials.

Remember the coffee shop is a great place to meet up with old friends over a cup of coffee and maybe even make a new friend. No one is a stranger her at the Center. This is the friendliest place in town. We love seeing each and every one of you.

Coffee Shop Needs:

Canned chicken and tuna, pickle relish, fresh peppers, tomatoes, cucumbers, lettuce, canned vegetables: especially diced tomatoes, canned mushrooms, spaghetti sauce, spaghetti, small, bottled juices, canned pop, bottled water, tomato & V-8 juice, cream of mushroom soup, crackers – saltines and snack crackers.

We have an abundance of peanut butter, macaroni, canned soup, flour, & sugar. If you have questions about what we need stop in and ask, we'll gladly let you know what our current needs are.

Thank you for your donations. We appreciate your generous support.

Activity with B.A.M.

Our Friends from **Bickford Assisted Living and Memory Care** put on a monthly activity here at the center. Diane and Deb will be doing The price is right on **Tuesday, January 18th at 1:00 pm** It will surely be a blast! If you would like to participate, please sign up at the activities table (limit 15)

STRUGGLING TO PAY YOUR RENT?

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

www.sioux-city.org/services

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Medicare Benefits Available at the Center

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



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NO JOB TOO LARGE

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Trail Blazer Walking Group

On September 7th, 2021 the Trailblazers walking group began a very ambitious virtual walk. Our Goal was to complete the 2,190 mile trail by Easter. Instead, the walk was completed by Christmas! WAY TO GO TRAILBLAZERS! The trail extends from Katahdin, Maine to Springer Mountain, Georgia, with fabulous scenery all the way. You may have enjoyed some of that scenery on the pictures showing on the TV in the hallway. Take a few moments to enjoy the pictures of winter hiking that will be displayed on the TV during January. We will choose a new hiking project to begin in February. Join the fun! Get fit and picture in your mind the amazing sights as you walk!

-Judy R. & Judy S.

Chair Yoga with Kaye

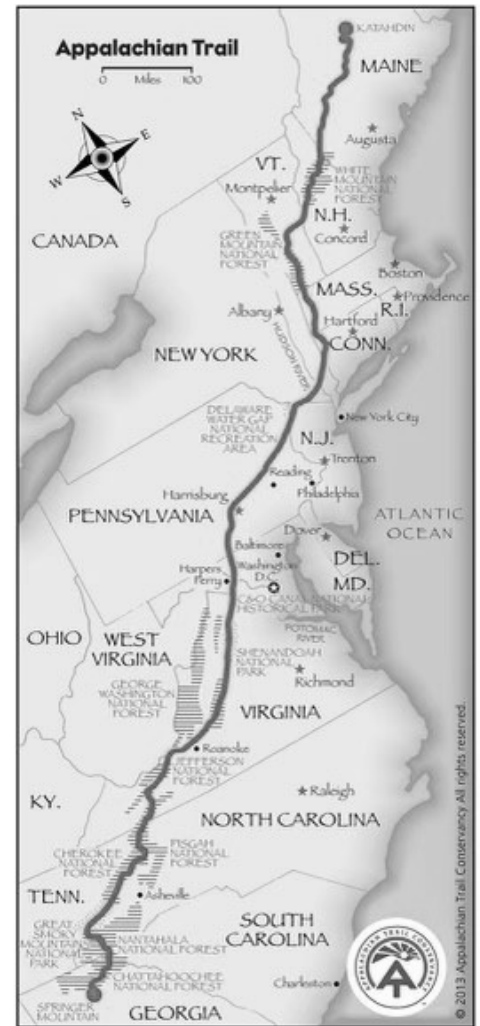
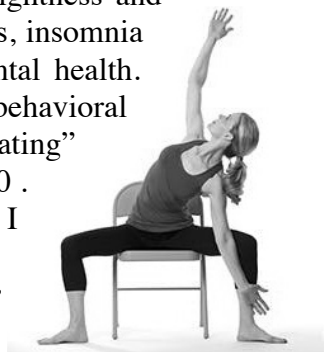
Recently the Sioux City Journal carried an article on titled "Breathe-Your way to better health" in chair yoga we start with breathing exercises. This is from one of my intros to the class: "we start today with being aware of our breath. If you are like most people your mind constantly jumps from thought to thought, lingering on situations from your past and planning your future, so that much of the time you forget to live in the present moment. Your breath is the tool that can anchor you to the present moment. By concentrating on your breath, you force yourself to put aside any other thoughts that might be filling up your brain."

The Journal article states to "focus on yourself" "people often feel like they are selfish if they take time for themselves. But doing so is crucial to your well being... take a few moments each day to do something without a goal in mind."

Yoga can help reduce stress levels and the breathing exercises we start classes with help us initiate this process. The journal article identifies several ways your body manifests stress including "chest tightness and difficulty breathing, heart palpitations, digestive issues, insomnia and migranes. It also induces changes to your mental health. Making you feel more anxious or depressed, driving behavioral problems such as drinking to much alcohol or over eating"

Come join us in chair yoga class Friday morning at 10 .
MANTRA OF THE MONTH: I change my thoughts, I change my world

Happy New Year! - Kaye



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'Providing for others what we expect for ourselves.'

ACROSS

- 1) Concert take
- 5) "___ boy!" ("Nice going!")
- 9) Polliwog, for one
- 14) Rental car option
- 15) Thailand neighbor
- 16) Operating room substance, once
- 17) Good way to get one's point across
- 20) Baseball miscue
- 21) Wrangler alternative
- 22) Cleans one's plate
- 23) Crosshairs image
- 26) You can make light of it
- 28) List items
- 30) Falsifies a bit
- 34) Hockey's Bobby
- 37) South American empire of yore
- 39) Machine control system, for short
- 40) Sources of rowdy criticism
- 44) Barbershop quartet member
- 45) Bit of kelp, e.g.
- 46) Debate position
- 47) Arrows' mates
- 49) Italian fast food
- 52) Change directions suddenly
- 54) Martian moon
- 57) Remove, as a knot
- 60) Get ___ of (throw out)
- 62) To the manor born
- 64) Complexion description
- 68) Golden Horde member
- 69) Oft-scraped body part
- 70) Italian wine center
- 71) Unwritten tests
- 72) Respond to a bore
- 73) Nasty expression

DOWN

- 1) Be slack-jawed
- 2) Keep from happening
- 3) Beauty pageant accessory
- 4) Take to a dance
- 5) '80s sitcom about an alien
- 6) T-shaped cross
- 7) Bridge-crossing fee
- 8) Colorado ski spot
- 9) "Seinfeld" uncle
- 10) One caring for a patient
- 11) Three-toed bird of the pampas
- 12) It may be under a jacket
- 13) Word with "fine" or "visual"
- 18) By that reasoning
- 19) Boat bottom scraper
- 24) Work with a blue pencil
- 25) Island nation near Fiji
- 27) English river to the Trent
- 29) Hair holder
- 31) Get a handle on
- 32) "... lived happily ___ after"
- 33) Nothing special
- 34) Waffles no more
- 35) React to a haymaker
- 36) Asian princess
- 38) Chilly
- 41) Silent, as a mime
- 42) Basic impulse
- 43) Lounge around
- 48) All dried up
- 50) Its atomic number is 30
- 51) Not knowing right from wrong
- 53) Like some investments
- 55) More than heavy
- 56) Old school board
- 57) ___ no good
- 58) Getting warm, in a game
- 59) Computer fare
- 61) "Different Strokes" actress Plato
- 63) Kuwaiti leader
- 65) Many mins. equal them
- 66) "So, what else is ___?"
- 67) Foxy place?

VEGGIES FIRST

By Mary K. Hart

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17			18					19					
20						21			22				
	23				24	25		26		27			
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Medicare Open Enrollment

Bruce will be here at the Center to assist you with your Medicare questions on:

- Tuesdays 9:00-11:00 a.m.**
- Wednesdays 9:00-11:00 a.m.**
- Next to the Coffee Shop**



Bruce Hunkins
Independent Insurance Agent
 Specializing in Medicare Advantage & Supplement Plans
 (402)-709-7314
 bahunkins@yahoo.com

JANUARY BIRTHDAYS

Frank Audino
 Linda Beeson
 Betty Beldin
 Colleen Bochmann
 Maggie Brockman
 Darlene Burson
 Ruth Chancey
 Ellen Christofferson
 Jim Davis
 Diana DeRocher
 Homer Dewitt
 Lynn Doxtad
 Don Dupic
 Charles Fisher
 Donna Foxhoven
 Sandy Fravel
 Karen Fry
 Carol Gall
 John Gibson
 Linda Glorfield
 Corey Goodrun
 Dixie Kaye Gors
 Carol Goulette
 Neil Gross
 Beth Harms
 Thomas Hildebrand
 Vikki Jacobs

Jeannette Johnson
 Teresa Johnson
 Alvin Johnson
 Joan Johnson
 Ken Keairns
 Clark Kleinberg
 Betty Klug
 Julie Kollman
 Benita Rae Leff
 John Lennon
 Bayne Linden
 Neil Magnusson
 Mary Marx
 Jan Masteller
 Terry McArthur
 Barb Meier
 Kay Moreland
 Sarah Morgan
 Bill Mrla
 Sharon Murphy
 Connie Nelson
 Mary Lou Nicolls
 Susan Nolen
 Roberta O'Dell
 Carol Perrin
 Judy Peters
 Gloria Peterson

Judith Pierce
 Dianna Pike
 Carolyn Ramsaran
 Elvin Rasmussen
 Sandra Rol
 Paul Roussin
 Robert Ruhland
 Mary Ruschmann
 Henrietta Scholten
 Eddie Shores
 Patricia Simon
 Cheryl Smalley
 Connie Spain
 Marcia Lee Tapper
 Ralph Thomas
 Donna Thurow
 Doug Tudehope
 Norma Ulmer
 Linda Vandiver
 John Vermilyea
 Harold Ward
 Helen Wedmore
 Jeanette Wendt
 Dorothy Winter
 Karen Young

NEW MEMBERS

JEANETTE KRAGE

LENORE MENTH

FUMIKO AZUMA MOORE

SUSANNE STOEGER-MOORE

STEVEN STOEGER-MOORE

WE REMEMBER

VERNA HAYDEN

ROB SMITH

MEMORIALS

for: Harriette Jeanette Calhoun

rom: Diana Majerus

for: Joan Stephens

from: Family and Friends

Unlucky 7 Dice Game

We have a new program taking place in the center.

Rules of the unlucky 7 dice game are as follows: Each player in sequence rolls the dice and places a penny on the playing card corresponding to the value displayed on the rolled dice. If the Player had previously rolled this number, the number may be used by the next payer in sequence who needs the number first. If a player rolls a 7, he or she forfeits their turn and must remove a penny on the playing card. The first person to have all numbers on the playing card covered wins the game and the contents of the winners pot. *Shirley invites you to join in on the fabulously fun Dice Game on Tuesdays 11:30-1:30 p.m.* We meet in the classroom. Hope to see you here!



Overactive bladder?

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

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

sanfordhealth.org,
 keyword: Bladder Health

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The **Sunshine News** is published by the:
Siouxland Center for Active Generations
 313 Cook Street
 Sioux City, Iowa 51103
 TELEPHONE 712-255-1729

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

DEADLINE: Please turn items in on or before the 8th of each month, so they can be included in the next issue of the **Sunshine News**.

Membership Information

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.

Refund Information

- If a class, activity or trip is cancelled by a Center staff member, a full refund will be given to those who have registered.
- If a participant cancels a class or activity after it begins, NO refund will be given. Please keep this in mind when registering for classes and activities. If you are unsure if a class is appropriate for you, please contact a Center staff member to answer any questions.
- If a member cancels their registration for a trip, a full refund will only be given if the Center is notified seven business days in advance.
- Trips co-sponsored by the Center or booked by other travel organizations may have different refund policies than those listed above. Please check at the time of trip registration.

DOLLAR A MONTH CLUB

November

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 | Richard Hayes | Pamela Mears | Don Schultz |
| John & Sandy Graser | Donna Johnson | Russell Movall | Harvey Viken |
| Virginia Gries | Maizie Johnson | Jan Nelson | Bob Wolf |
| Sherry Evans | Sally Kimball | Kaye Plantenburg | Claryce Welch |
| | Mindy Krause | George Polak | |

Dollar Per Day Club	Andrea & Mark Rathgeber	Marc & Ellen Christofferson	Northpark Place
	Paul Gregory	Paul Zielezinski	Gail & Tom Brown
	Diana Howard	First Premier Bank	Russ Movall
	Barney Pottebaum	Dorine Levine	Jon & Grace Wagoner
	Tom & Deanna Jacobs	Charter Senior Living	Judy Seaman