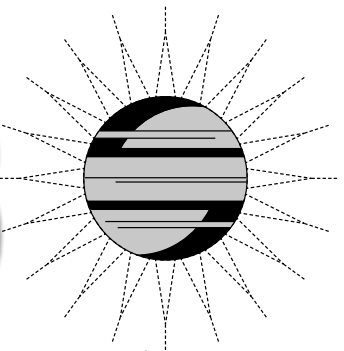


# MARCH 2022 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
519

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

## A Pot of Gold



March is a month for seasonal changes and St. Patrick's Day celebrations—filled with leprechauns, rainbows and pots of gold. March weather offers us wide swings from wet snow blizzards to warmer rays from the sun and extended daylights. March almost always tries to give us a final gift of heavy snow, often around the Iowa state basketball tournaments. However, as the grip of winter loosens, March, the month marking the official beginning of spring, leads us into a time to welcome warmer weather and new beginnings. One of the first signs of springtime is the birds, we hear chirping earlier and earlier, as we wake to a new day. The snow melts, trees and plants can be seen sprouting fresh shoots, and our brown earth starts to come alive, turning almost an Irish

green. Spring is an uplifting season, a time to start anew, and a time to spring into a new adventure.

March is also the month to celebrate the Irish. Whether you're Irish or not, there is much to celebrate with the Leprechauns and pots of gold at the end of rainbows. To honor the Irish among us, March ushers in our Center's St. Patrick's Day celebration, of a traditional corn beef and cabbage dinner. Enjoy this celebration of the Irish at our Center on March 17th from 11:30 to 12:30. Join us for a delicious meal and the company of good friends. And may the luck of the Irish helps keep those pesky Leprechauns from misbehaving and may your pot of gold include the many joys of family and your dear friends here at the Center.

Lastly, a springtime reminder, there are many new adventures to be found at the Center. For almost fifty years our Center has offered new opportunities for participating or engaging in new experiences, from mixed media to Tai Chi. With almost 60 different programs offered weekly, one will be just right for you. Come out and add some "spring" to your life and join us for a "new to you" activity this month.



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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 OPTIONAL**  
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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*Kayley DeCastro*

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Annual Dues — \$52 per Person

Contact us about advertising  
in the Sunshine News

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

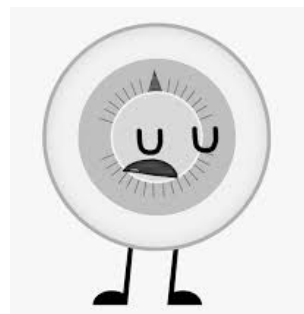
# ST. PATRICK'S DAY LUNCH

March 17th 11:30-12:30

Corn Beef & Cabbage - Advance Tickets \$10.00

## Center Installs New Thermostats

The Center has been upgrading the existing thermostats to Internet controlled thermostats from Honeywell. In late summer and early fall our building committee started exploring ways to help our Center adjust to the anticipated natural gas increases. Natural gas was anticipated to increase dramatically this winter. And as expected, natural gas rose from an average “therm” cost of .21 to .86. Although the average temperature about 26 degrees were similar to last year, our heating costs rose dramatically. The cost of heating our building this past December went from \$43 dollars per day to \$115 dollars per day. The thermostats help us minimize the costs to our members by adjusting temperature when building or rooms are occupied. The building committee believes these changes will help us control our costs for years to come. We ask our members for their understanding during our adjustments.



## Rock Steady Boxing

We know without a doubt that exercise is important for people with Parkinson’s disease (PD). Various types of exercise and movement can help people improve their balance, strength, mobility, flexibility, endurance and walking ability. Studies also reveal that exercise can help improve cognition, depression, fatigue, and sleep. The Center offers Rock Steady Boxing a boxing program designed for people with PD, based on exercises that are adapted from the world of boxing that emphasize agility, speed, endurance, accuracy, hand-eye coordination, footwork and strength. The exercises are meant to be vigorous and to push the participants beyond what they perceive they are capable of performing. If you know someone who are dealing with the symptoms of Parkinson’s tell them about our program.

## Activity with Countryside

Country Side Health Care Center will be hosting an activity on March 22nd at 1 p.m. There will be a limit of 10 people for sign up.

## 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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## 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 helping you make a sock bunny on Tuesday, **March 8th 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)**

## Crafts with Diana

In February the ladies enjoyed their time with Diana as they made a Valentine's Day craft and decorated a vase with stencils

Her March 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, March 1st: Succulent craft**

**1:00 p.m., Tuesday, March 15th: Solar light vase**



## March Birthday Party

Our March monthly birthday party will be held **Monday March, 14th 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 **Sunburst Memorials** for the great cake!

Last but not least, we would like to thank **Steve** for the wonderful entertainment for February's birthday party! **We appreciate all your support!**



## Remember the Senior Center

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

Your friends will appreciate your thoughtfulness.

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

# 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	Deanna Jacobs	Joni Betsworth	Ramon Sundquist
Anna Kounas	Dennis Wurster	Judy Peterson	Rita Swanson
Arlene Held	Doreen Schoonover	Judy Rehurek	Roger Nicholls
Barb Frey	Dorothy Swanson	Kirk Frank	Rose Heeren
Bill Sievers	Doug Schinzing	Kris Shults	Sherry Evans
Bruce Hunkins	Eileen Mitchem	Lola Balstad	Sue Jones
Calvin Mohrman	Gary Stokes	Marilyn	Vikki Jacobs
Carol Kelzer	Jane Henderson	Chamberlain	Wayne Durnham
Carol Shimitz	Jeanette Wendt	Marjorie Meinen	
Caroline Sands	Jo Hanshaw	Norma Ulmer	

## Interactive Metronome

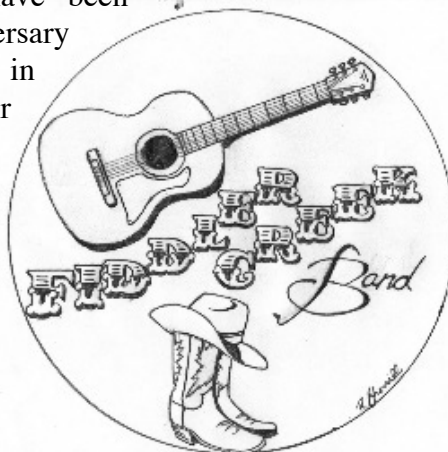
Are you easily distracted? Do you ever feel like you are going to fall when walking in the grass?

If you answered yes to both of these questions, the interactive metronome may be able to help you with those 2 fears. The interactive metronome is the ability to clap to a steady auditory beat (i.e., metronome) is fundamental for many of our abilities. The Interactive Metronome (IM) measures & trains this basic timing ability, which leads to improvement in the areas from this member of Siouxland Center for Active Generations. (individual results vary).

Member "I had some difficulties in my life. I was becoming angry, frustrated, and forgetting things which created more anger. My wife heard about this program and I thought "why not?". I am only 73 and have made great strides with Robyn as my OT. I don't have the anger, I feel more calm, I have better balance and my memory is 75-80% better than it had ever been. I hate to think where I would be without this program."

## Center to Host Saturday Night Dance

March 19th the Center will host a dinner/dance celebrating Paul Zielezinski's birthday. Members have been supporting the Center by hosting anniversary and birthday dances. Paul's birthday is in March and wanted to help the Center and celebrate with a dinner/dance for all members. Fiddler's Creek will be performing from 7-10 with the dinner starting at 6:00. A cost of \$5 dollars will be charged for the dinner. A great night event of dinner and dancing while supporting your Center.



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  
 Charter Senior Living  
 Continental Springs Nursing Home  
 Countryside Healthcare Community  
 Dixie Gors - Realtor  
 The Heritage at Northern Hills  
 HyVee - Hamilton  
 Koated Kernels  
 Palmer Candy  
 Sunburst Memorials  
 Explorers  
 Jolly Time

## BUNCO FOR ALL

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[1]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. **We play bunco on the 1st and 3rd Friday of each month at 11:00 am in the conference room**



# Sioux City Senior Advisory Committee Seeks Members

The Sioux city Senior Advisory Committee is seeking new members to help Sioux City government better serve the seniors of our community. Contact Matthew O’Kane or pick up an application at city hall. One project the city advisory committee undertook was a survey of what seniors wanted from their government: Here is their top ten listed:

1. Street & sidewalk repair
2. Senior discounts-
3. Lower property taxes\
4. More bus route-Dakota dunes
5. More housing options
6. More neighbor watches
7. Affordable handyman services
8. Daytime activities-Orpheum seniors
9. Bench-bathrooms at parks
10. Affordable home care services



## Morningside Business Students Helping Center

A Morningside University senior business class capstone project is focused on our Center. Students from Caprice Moore’s class is studying our Center to help our board strategize a new three-year plan. The Center is a large impact on our senior’s community quality of life. To continue the programs and operations our board every three years undertakes a planning session to help guide the Center. The students are looking to complete several focus groups and are looking for members and non-members to participate during March and April. If you would like to help with this project and have an impact on the Center contact Kayley or Pat. Or if you have positive suggestions a box will be placed at the front desk to collect suggestions on programing or operations the students will analyze your input.

## 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.**

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# March Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of March with possible dues due this month. Please stop in my office and we can check your due date. This is not a naughty list!

To those of you on the list that have already paid, my apologies!! Thanks! Jan Green, Membership Coordinator

JOHN BARTHOLOMEW	DIANA DEROCHER	MARILYN HOBERG	LENORE LODGE	HELEN ST.PETER
SUSAN BATTEN	JACK DEROCHER	ROBERT HOLSINGER	JIM MCELHANY	RICHARD STORM
RON BERGER	GEORGLA DOHRMAN	SUE HUBERT	DENISE MEYERS	DUANE THOMPSON
JONNY BINKARD	DENNIS DOHRMAN	TERRY HUBERT	EARL PARKHILL	ELDON THOMPSON
RAY BLACKBURN	DON DUPIC	CAROL HUGHES	JOANNE PETERS	EMERITA TOPETE
JOANN BREYFOGLE	NANCY EHLERS	LYLE DEAN HUGHES	DELORES PHILLIPS	MARY UNDERWOOD
MARY BURKE	SONJA ERICKSON	JEFF JAYNES	VICKI PORTER	DAN WEAKLY
STEVE CHADWICK	MARLENE FRANK	RAYMOND KASHAS	TOM ROBERTS	CLARYCE WELCH
LEE CHAMBERLAIN	PAULA HAFNER	NANCY KELLY	LINDA SCHLOTMAN	DAYLA
MARILYN	STEWART HARTMAN	LINDA KEMPERS	KRISTINE SHULTS	WOBBEKING-BROWN
CHAMBERLAIN	ROSE HEEREN	DANIEL KOHN	PATRICIA SIMON	JUDY ZOELLER
MARV CRIM	GARY HEINEMAN	MARLANN LEISINGER	BRUCE SPENCE	STACY ZORTMAN
JEAN DARNELL	MARY HEINEMAN	DORINE LEVINE	CLEO SPENCE	

## Welcome to the Library

I want to thank all my friends for the cards, prayers and well wishes while I was in the hospital. It was such a boost to me and meant so much.

*-Helen Erickson*

## 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.

## 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!



## See You in the Gift Shop!

Here's what's new 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, large LP records 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*



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## Discount Coupon

With this coupon, receive a discount on your purchase AND a donation in your name to the Siouxland Center for Active Generations

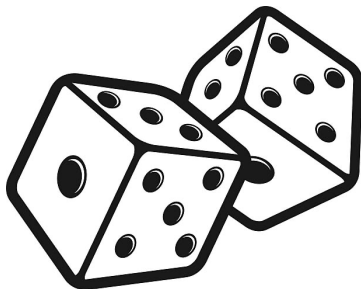


## Unlucky 7 Dice Game

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 player 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!



## WISH LIST

- You! Our Center needs volunteers to help facilitate events & programs
- Canned goods for the coffee shop
- 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.
- Spring and summer-colored tablecloths, and always red, white and blue
- Mini Trampoline-exercise equipment -hand weights, resistance bands etc



## 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!

## Friday Dances

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.

- March 4th 4 on the Road
- March 11th Triple Treat
- March 18th Country Brew
- March 25th Big Band Sounds

Whether 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, Sunburst Memorials 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.*



# March 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><b>1</b></p> <p>1 pm Crafts with Diana succulents</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>10:00 am Open Bridge Group</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am Silver Sneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>1:00 pm Painting Class</p> <p>1:00 pm Crafts with Diana</p>	<p><b>2</b></p> <p>11:00 a.m. <i>Self Defense Escape class</i> Part 1</p> <p>8:20 am Walking Exercise</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Chess</p> <p>9:30 am Painting Class</p> <p>10:00 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:30 am Phase 10</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>11:00 am Self Defense Escape class part 1</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge -Mens</p> <p>12:30 pm Tatting 101</p> <p>1:00 pm Coloring Corner</p> <p>1:30 pm Walking off the Pounds</p> 	<p><b>3</b></p> <p>11:00 am <i>drum circle</i></p> <p>9:00 am Penny Bingo</p> <p>9:00 am Line Dance-(Intermediate Advanced)</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Senior Yoga (CD)</p> <p>10:00 am Line Dance-(Beginner)</p> <p>10:30 am Silver Sneakers Classic Fitness</p> <p>11:00 am Line Dance-(Intermediate Beginner)</p> <p>11:00 am Woodcarving</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>10:00 am Canasta</p> <p>11:00 am Drum Circle</p> <p>12:00 Rock Steady Boxing (fee)</p> <p>12:00 pm Cribbage</p> <p>12:30 pm Mah Jongg</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p>	<p><b>4</b></p> <p>11:00 a.m. <i>Self Defense escape class</i> Part 2</p> <p>9:00 am Fitness with Dixie</p> <p>9:30 am Wii Bowling</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly)</p> <p>11:00 am Jazz Dancercise</p> <p>11:00 am Karaoke</p> <p>11:00 am BUNCO</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>11:30 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00 -3:30 PM -Friday's Dance <i>Featuring</i> <b>4 on the road</b></p>
<p><b>7</b></p>  <p>8:00 am Scrapbooking</p> <p>8:20 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Wii Bowling</p> <p>10:00 am Knitting &amp; Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Woodcarving</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>11:30 am Zoom Lessons</p> <p>12:00 pm Pinochle</p> <p>12:00 craft Beer Brewing</p> <p>12:30 pm Movie— God's Not Dead</p> <p>12:30 pm Bridge-Duplicate</p> <p>1:00 pm Politics with Pat</p> <p>1:30 pm online shopping lessons</p> <p>1:30 pm Walking off the Pounds</p>	<p><b>8</b></p> <p>1:00 PM <i>Activity with B.A.M.</i> <i>Sock bunny (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>10:00 am Open Bridge Group</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am Silver Sneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>12:00 <b>Rock Steady Boxing (fee)</b></p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance</p> <p>1:00 pm Painting Class</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Activity with B.A.M.</p>	<p><b>9</b></p> <p>8:20 am Walking Exercise</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Chess</p> <p>9:30 am Painting Class</p> <p>10:00 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:30 am Phase 10</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge -Mens</p> <p>12:30 pm Tatting 101</p> <p>1:00 pm Coloring Corner</p> <p>1:30 pm Walking off the Pounds</p> 	<p><b>10</b></p>  <p>11:00 am <i>drum Circle</i></p> <p>9:00 am Penny Bingo</p> <p>9:00 am Line Dance-(Intermediate Advanced)</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Senior Yoga (CD)</p> <p>10:00 am Line Dance-(Beginner)</p> <p>10:30 am Silver Sneakers Classic Fitness</p> <p>11:00 am Line Dance-(Intermediate Beginner)</p> <p>11:00 am Woodcarving</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>10:00 am Canasta</p> <p>11:00 am Drum Circle</p> <p>12:00 Rock Steady Boxing (fee)</p> <p>12:00 pm Cribbage</p> <p>12:30 pm Mah Jongg</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p>	<p><b>11</b></p> <p>10:30 am <i>Genealogy Class</i> (2nd Friday)</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 -11:30 am Blood Pressures- (Mercy)</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly)</p> <p>11:00 am Jazz Dancercise</p> <p>11:00 am Karaoke</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm <b>Friday Dance</b>  <i>Featuring</i> <b>Triple Threat</b></p>
<p><b>14</b></p> <p>1:00 p.m. <b>Birthday Party</b> (2nd Monday) Hosts: Staff / Volunteers</p>  <p>8:00 am Scrapbooking</p> <p>8:20 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Wii Bowling</p> <p>10:00 am Knitting &amp; Crocheting</p>	<p><b>15</b></p> <p><i>Crafts with Diana</i> <i>Solar Lights Vase</i> (limit 10)</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:30 am Painting Class</p> <p>10:00 am Open Bridge Group</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am Silver Sneakers Classic Fitness</p>	<p><b>16</b></p> <p>8:20 am Walking Exercise</p> <p>9:00 am Yoga w/Dixie</p> <p>9:00 am Chess</p> <p>9:30 am Painting Class</p> <p>10:00 am Sexy &amp; Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:30 am Phase 10</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p>	<p><b>17</b></p> <p>11:30-12:30 <i>St Patrick's day</i> <i>Lunch</i></p> <p>9:00 am Penny Bingo</p> <p>9:00 am Line Dance-(Intermediate Advanced)</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>10:00 am Line Dance-(Beginner)</p> <p>10:30 am Silver Sneakers Classic Fitness</p> <p>11:00 am Line Dance-(Intermediate Beginner)</p> <p>11:00 am Woodcarving</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p>	<p><b>18</b></p> <p>11:00 am <b>BUNCO</b></p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly)</p> <p>11:00 am Jazz Dancercise</p> <p>11:00 am Karaoke</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>11:00 am-12:30 pm <b>Coffee Shop lunch</b></p> <p>12:00 pm 500 Card Club</p>



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 & online shop lessons  
 12:00 craft beer brewing  
 12:00 pm Pinochle  
 12:30 pm Bridge-Duplicate  
 1:00 pm Birthday Party  
 1:30 pm Walking off the Pounds

9:30 am Grief Support

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  
 12:00 Rock Steady Boxing (fee)  
 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

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



11:00 am-12:30 pm Coffee Shop lunch  
 10:00 am canasta  
 11:00 am Drum Circle  
 12:00 pm Cribbage  
 12:30 pm Mah Jongg  
 12:30 pm Penny Bingo  
 1:1:00 pm Ping Pong

## St. Patrick's Day

11:30-12:30 Corn Beef & Cabbage Lunch

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

Saturday 19th Dinner/Dance  
Fiddler Creek \$5

21



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)  
 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 craft beer brewing  
 12:30 pm Movie—It Happened One Night  
 12:30 pm Bridge-Duplicate  
 1:00 pm Politics with Pat  
 1:30 pm online shopping lessons  
 1:30 pm Walking off the Pounds

22

Activity with Countryside!  
1 PM  
Limit 10

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  
 12:00 Rock Steady Boxing (fee)  
 12:30 pm Penny Bingo  
 12:30 pm Tap dancing  
 1:00 pm Painting Class  
 1:00 pm Ping Pong

23



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



24



11:00 am Drum circle

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)  
 10:30 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  
 10:00 am Canasta  
 11:00 am Drum Circle  
 12:00 Rock Steady Boxing  
 12:00 pm Cribbage  
 12:30 pm Mah Jongg  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong

25



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  
Ed Tryon "Big Band Sounds"

28

Siouxland Parkinson's support group 1 PM

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)  
 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—One Flew over the cuckoo's Nest  
 12:30 pm Bridge-Duplicate  
 1:00 pm politics with Pat  
 1:30 pm online shopping lessons  
 1:30 pm Walking off the Pounds

29

9:00 am Fitness Logic with Lee

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  
 12:00 Rock Steady Boxing (fee)  
 12:30 pm Penny Bingo  
 12:30 pm Tap dancing  
 1:00 pm Painting Class  
 1:00 pm Ping Pong

30

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



31

11:00 am Drum circle

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  
 10:00 am Canasta  
 11:00 am Drum Circle  
 12:00 Rock Steady Boxing (fee)  
 12:00 pm Cribbage  
 12:30 pm Mah Jongg  
 12:30 pm Penny Bingo  
 1:00 pm Ping Pong



# Siouxland Center

*for Active Generations*

**Serving from 11:00– 12:30**

Carry-out available

# MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please note our new serving hours. We will begin serving from 11:00 to 12:30 each day.</b></p>	<p><b>1</b> Soup Hot Beef Sandwich Vegetable</p>	<p><b>2</b> Soup Chicken Mashed Potatoes Vegetable</p>	<p><b>3</b> Chicken &amp; Noodles Mashed Potatoes Vegetable</p>	<p><b>4</b> Soup Spaghetti with Marinara Sauce Italian Bread</p>
<p><b>7</b> Soup Bacon Cheeseburger Sliders Potato Salad</p>	<p><b>8</b> Soup <b>Swiss Steak or Liver &amp; Onions</b> Mashed Potatoes &amp; Gravy Vegetable</p>	<p><b>9</b> Soup Meatloaf Potatoes &amp; Gravy Vegetable</p>	<p><b>10</b> Soup Baked Ham Sweet Potatoes &amp; Vegetable</p>	<p><b>11</b> Mac &amp; Cheese Fish Salad Soup</p>
<p><b>14</b> Soup Chili Cornbread</p>	<p><b>15</b> Soup Pot Roast w/Vegetables</p>	<p><b>16</b> Soup Chicken Breasts Rice Pilaf &amp; Vegetable</p>	<p><b>17</b> Corned Beef &amp; Cabbage Soda Bread</p>	<p><b>18</b> Soup Taco Casserole</p>
<p><b>21</b> Soup Chicken Pot Pie Salad</p>	<p><b>22</b> Soup Cabbage Roll Casserole Dinner Roll</p>	<p><b>23</b> BBQ Ribs Baked Beans Corn on the Cob</p>	<p>24 Soup Lasagna Italian Bread</p>	<p><b>25</b> Salisbury Steak Potatoes &amp; Gravy Vegetable</p>
<p><b>28</b> Soup Sloppy Joes Potato Salad</p>	<p><b>29</b> Soup Turkey Mashed Potatoes, Gravy Vegetables</p>	<p><b>30</b> Soup Creamy Paprika Pork Egg Noodles Vegetables</p>	<p><b>Wednesdays:</b> Biscuits &amp; Gravy Served 8am – 10am 1 for \$2 or 2 for \$4</p>	<p><b>Fridays:</b> Breakfast Buffet Eggs, Pancakes, Hashbrowns \$5.00</p>

## 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 SilverSneakers, "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.

## 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.

## 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.

## Genealogy Class

Genealogy Class meets the 2nd Friday of each month from 10:30-11:30 a.m. For this month we are hopping across the pond and doing research on England

*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 will be starting our chorus up again on March 2nd! The chorus will meet every Wednesday at 9 am! Come ready to sing your heart out! We look forward to meeting you!

## 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*

## 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 time.

- 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.

# Sit & Sip Coffee Shop and Sunshine Cafe

March is the month of leprechauns, green clovers and the luck of the Irish. Here is an Irish blessing from us to you: "Wherever you go and whatever you do, May the luck of the Irish be there with you."

Beginning this month, we will be reopening the Sunshine Café for lunch service. We will be serving from 11:00 am – 12:30pm. The Coffee Shop will continue to carry your favorite beverages and sandwiches. There could be a few changes in the menu as well, so keep an eye out as we make adjustments. You may see new faces, so please welcome them when you stop in.

Looking for a fun place to volunteer, come check us out. We can always use an extra hand or two. No experience needed; we'll teach you.

### Coffee Shop & Cafe Needs:

We can always use 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, cream of celery soup, crackers – saltines and snack crackers. We now have lots of freezer space, so frozen vegetables & other items are always useful.

We have an abundance of peanut butter, macaroni, canned soup, tomato sauce, 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.



# Chair Yoga with Kaye

What is chair yoga?

Chair Yoga is a gentle form of yoga in which postures are preformed while seated and/or standing with the aid of a chair. It assists those with balance issues or any one who has trouble getting down to and up off the floor. Just like regular yoga practice, chair yoga increases flexibility, strength and body awareness.

Come join us in chair yoga in the exercise room on Fridays at 10:00 AM

Mantra of the month: Listen and silent are spelled with the same 7 letters... Think about it

-Kaye Plantenburg

## STRUGGLING TO PAY YOUR RENT?

Apply for rental assistance in Sioux City, Iowa. Applications are now available online at [www.siuox-city.org/services](http://www.siuox-city.org/services)

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## WINTER BLANKETS

NO MATTER THE SEASON IN SIOUX CITY, IOWA, A BLANKET FOR COMFORT IS PRETTY EASY TO FIND. THERE ARE HOMELESS CITIZENS IN OUR COMMUNITY BUT THERE ARE MEANS TO SEE THAT EVERYONE HAS SHELTER AND BLANKETS.

OUR FAMILY HAD PLENTY OF DIFFERENT BLANKETS AND SOME WERE MADE OF WOOL, SERGE (THAT IS TWILL WOOLEN CLOTH), THEN COTTON OR NYLON MATERIAL. WE DID HAVE A COUPLE OF QUILTS THAT HAD DESIGNS ON THAT LOOKED LIKE A STAR. MY HUSBAND'S GRANDMOTHER, PAULINE REEG HAD MADE THEM. IT WAS ALL SEWED BY HAND, NOT LIKE TODAY WHERE A MACHINE DOES MOST OF THE WORK. PAULINE SAID THAT QUILTS WERE MADE FOR WEDDINGS, BIRTHS, AND ANNIVERSARIES.

I REMEMBER THAT "SNUGGIES" WAS ON THE MARKET IN THE PAST FEW YEARS AND IT WAS MARKING SOLD IN SIZES PLUS THAT WOULD FIT EVERYONE. IT WAS GOOD FOR READING, CAMPING, WHEELCHAIR USERS OR FOR A BATHROBE. THE NUGGIE COULD BE WORN OVER YOUR CLOTHES ON THE FRONT OR BACK. THEY WERE MACHINE WASHABLE AND DRIED QUICKLY. YOU PROBABLY WOULD FIND ONE ONLY AT RUMMAGES TODAY.

I LIKE THE NATIVE AMERICAN BLANKETS WITH THEIR INTRICATE DESIGNS AND ALL OF THE DIFFERENT COLORS ON THEM. SOME BLANKETS TELL A STORY OF SOMEONE'S LIFE . WE SEE STORES LIKE PENNYS THAT HAVE MANY OF THE CHILDREN'S CHARACTERS LIKE STARS WARS, HARRY POTTER, FROZEN, AND SPORT STARS.

WE HAD FOUR DAUGHTERS AND WE DECORATED THEIR BEDROOMS WITH THE DIFFERENT COMFORTERS TO USE ON BUNK BEDS, A SINGLE BED, AND A DOUBLE BED. I AM SURE PINK AND LAVENDER WERE THE COLORS FOR THE COMFORTERS. OUR TEENAGE DAUGHTER DECORATED HER BEDROOM IN A LAVENDER COLOR AND WE USED THE COLOR FOR CURTAINS AND A LIGHT LAVENDER PAINT FOR THE WALLS. WE EVEN HAD SHAG CARPET PUT DOWN AND LAURIE COULD NOT WAIT FOR HER FRIENDS TO SEE HER BEDROOM.

THERE ARE MANY PLACES FOR BLANKETS OTHER THAN THE HOME LIKE A HORSE BLANKET, SOME AIRLINES USE BLANKETS ON LONGER FLIGHTS. OUR HOSPITALS USE HEATED BLANKETS BEFORE AND AFTER SURGERY. WE SEE WOMEN SEW BLANKETS FOR OVERSEAS DURING A WAR OR A FLOOD, A TORNADO, FOREST FIRES, ETC. AMERICAN PEOPLE ARE SO RESOURCEFUL WHEN IT COMES TO MANY OF THE AWFUL HAPPENINGS AROUND THE WORLD.

ONE LAST BLANKET, BEDSPREAD, IS THE CHENILLE BEDSPREAD THAT WE ALL HAVE A HISTORY OF USING IT ON OUR BEDS. WE HAVE MY MOTHER-IN-LAW'S CHENILLE BEDSPREAD AND IT IS WRAPPED US IN TISSUE PAPER IN OUR CEDAR CHEST THAT MY HUSBAND, JERRY, MADE IN HIGHSCHOOL. SO MANY BLANKETS IN OUR HOMES DO TELL THE STORY OF FAMILY HISTORY. SO, HOLD ON TO THEM AND PASS IT ON TO THE NEXT GENERATION.

*ALICE REEG  
CREATIVE WRITING*

## Drum Circle

Interested in joining us on a drum circle? This popular activity can energize you, improve concentration and focus, reduce stress and release negativity. This new group will be meeting on Thursday at 12:00 am in the conference room.



# MARCH BIRTHDAYS

Bill Lyle	Beverly Crum	Nadine Holst	Carolynn Sue
Mary Aesoph	Opal Custer	Rosalie Horsted	Miller
Donna Ailts	Terry Dahlquist	Vernon Hughes	Margaret Neely
Lola Balstad	Dennis	Deanna Jacobs	Dennis Nelson
John	Dohrman	Betty Ann	Arlene Nyreen
Bartholomew	Leon Doxtad	Johnson	Jill Onyegbule
Eugene Bennett	Emily Frady	Lynn Johnson	Susan Peete
Claudia	Rose Gilson	Carol Kelzer	Jean Peterson
Blenderman	Rachel Gomez	Linda King	Vicki Porter
Lynn Blomberg	John Graser	Charolette Kock	Linda Post
Mary Bottjen	Donnette Hatch	Ellen Kuehn	Gary Prokop
Larry Bower	Dave Heaton	Vincent LaFleur	Lois Rohmiller
Barb Bradshaw	Jane Hey	Sharon Lillie	Richard Sams
Rodney Bursick	Cindy	Lois Lubben	Karen Sherrill
Dan Chapman	Hofmeister	John Mansfield	Glenda Shook
Marv Crim	Tom Holmes	Connie Merrill	David Silverberg



Carolynn Sue
Miller
Margaret Neely
Dennis Nelson
Arlene Nyreen
Jill Onyegbule
Susan Peete
Jean Peterson
Vicki Porter
Linda Post
Gary Prokop
Lois Rohmiller
Richard Sams
Karen Sherrill
Glenda Shook
David Silverberg
Michael Smith
Willard Snyder
Helen St.Peter
Gary Stokes
Dean Stoll
Doug UHL
James Walsh
Mary Walsh
Delores Watkins
Paul Zielezinski

## NEW MEMBERS

WALTER ANDERSON  
 ARTHUR ASHLEY  
 DELORES ASHLEY  
 BARBARA BAKKERS  
 CATHERINE BRUNKAN  
 JOHN COLE  
 STEVE CRARY  
 BONNIE CRARY  
 ZORALEA CROWL  
 DEBORAH FRITH  
 CATHY GRIGGS  
 TED HAYDEN  
 JANET HEIN  
 DARWIN HURNI  
 PATRICIA KAMPFE  
 PAULA LABRUNE  
 ROBERT LABRUNE  
 GINA MCBIDE  
 JERRY MEHNER  
 MIKE MILLER  
 SHARON MILLER  
 ROBERT MILLER  
 CALVIN MOHRMAN  
 KATHLEEN MORFITT  
 JAMES MOTHERSHEAD  
 BERNABE PEREZ  
 PATRICIA PETERSEN  
 SUSANNE PITKIN  
 DENNIS RATTEI  
 LORI RATTEI  
 BARBARA ROSENBAUM  
 DOUG SCHINZING  
 MICHAEL SMITH  
 CAROLYN STUHR  
 CHRIS VANDONSELAAR  
 JERRY WALKER  
 DIXIE WALKER  
 LOUIS WOLFE

## WE REMEMBER

RICHARD WASKOW  
 SHIRLEY ANDERSON

## MEMORIALS

*for: Janette Beekman*

from:

Siouxland Duplicate Bridge Club

*for: Robert Smith*

from:

Vicki & Louis Smith and families

*for: Dick Waskow*

from: Miriam Clayton

**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.

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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

**January**

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

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

<b>Dollar Per Day Club</b>	<b>Andrea &amp; Mark Rathgeber</b> Paul Gregory Diana Howard Barney Pottebaum Tom & Deanna Jacobs Paul Zielezinski	<b>First Premier Bank</b> Dorine Levine <b>Charter Senior Living</b> Northpark Place Gail & Tom Brown Russ Movall	<b>Jon &amp; Grace Wagoner</b> Judy Seaman Gene Anderson <b>Roberta &amp; Leonard Gill</b> Frances & Ron Cummings
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