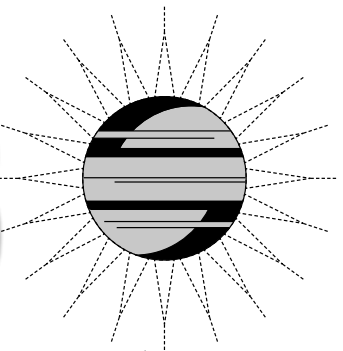


# FEBRUARY 2022 SUNSHINE NEWS



Telephone  
712-255-1729

Number  
518

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*

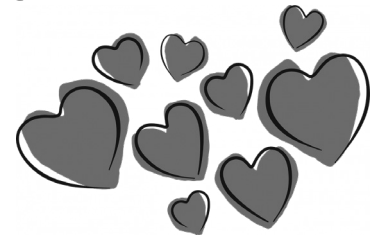
## February - The Month of Love

February has been commonly regarded as the month designated for celebrating romantic love, Valentine's Day being the highlight of this celebration, a time for cards, candy, and flowers to be given to those we love, admire, and cherish. This is a beautiful tradition, however, some of us have experienced the loss of a true love in our lives, and Valentine's Day may then just become a painful reminder of this loss. One way to ease our sense of loss is to take the time to look at and celebrate all forms of love, not just romantic love. The Greeks have different words for different kinds of love. By taking the time to reflect upon these different types of love, February can become a month for celebrating, not only romantic love, but a variety of the kinds of love we experience in our lives.

On our front desk was a sack of gifts for the Christmas Angel Tree. It was left by one of our Greek friends. Often without asking, gifts appear randomly throughout the year: Christmas tree bags, disinfectant, bleach wipes, candies, treats, turkeys, or coffee shop extras such as Greek olives or tzatziki sauce. These gifts will appear without a word or request for acknowledgement. Our Greek friends gifts are of what the Greeks call Agape. Agape is described as a selfless love, brotherly love, or love for mankind, also sometimes explained as the unconditional love that God has for man.

One Mother of twelve was asked how she could love all those children. Her response was "your heart just grows". We often think of the love of a mother for her children as one of the most sincere and pure forms of love. The Greeks call this kind of love, Storge. Storge refers to the kind of all encompassing love a mother (or father) has for her/his children.

The love that Valentine's Day traditionally celebrates with candy, flowers and candlelight dinners is called Eros. Eros is rooted mostly in the intimate passion we feel for the person we are romantically in love with. Often this kind of love develops and grows into Pragma. Pragma describes the more committed love that we share with our life partners, a love that grows ever stronger as the years go by.



At our Center we see a lot of Philia love. Philia is defined as the affectionate regard between friends. Philia is shown often at our Center in the loyalty and care shown by members towards one another, the true affection witnessed while members shoot pool, play cards, enjoy the dance floor with someone, or share a cup of coffee and a visit with a friend after a yoga workout.

Of course, we cannot forget the word Philautia. Philautia is the word for self love. The Greeks divided the definition of this word into a positive or negative version. We all know someone who tends to love themselves more than anything else. That would be the negative version. The positive version of Philautia would entail the concept of self-compassion and taking care of oneself. Our wish for all our members this February is that they might show themselves positive Philautia and take some time during February to appreciate and enjoy all the forms of love that encompass a rich and beautiful life. One can see February can be a month for all as love has many meanings and ways for us to love each other.

**PREMIER INDEPENDENT LIVING AND RESIDENTIAL CARE COMMUNITY**



When living at home becomes a concern and you're searching for care, comfort, and peace of mind for yourself or a loved one - consider the priceless option of community living.

**NOW OPEN FOR IN-PERSON AND VIRTUAL TOURS**

Schedule your personalized tour today!



**Charter**  
SENIOR LIVING  
of Northpark Place

2562 Pierce Street • Sioux City, IA 51104 • 712-255-1200 

## 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

## Board of Directors

*Melanie Berte-Hickey - Member*

*Joel Jarman - Member*

*Colby Lessmann*

*Steve Pohlman - Member*

*Barney Pottebaum - Chair*

*Judy Seaman - Member*

*Neil Peck*

*Beth Hughes - Member*

*Alicia Nyreen*

*Cortni Krusemark*

*Caprice Moore*

## Executive Director

*Patrick Tomscha*

## Program Coordinator

*Kayley DeCastro*

## Membership Coordinator

*Jan Green*

## Editor

*Judy Seaman*

*Carol Gall*



Annual Dues — \$52 per Person

Contact us about advertising  
in the Sunshine News

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

# ANNUAL CAMPAIGN DONORS

*A special thank you goes out to these members who helped support our annual campaign*

Mary Abraham	Richard Hayes	Steve & Nancy Pohlman
Lois Albertson	Arlene Held	Elvin & Sandi Rasmussen
Jim & Helen Anderson	Jane & Bob Henderson	Alice & Jerry Reeg
Liz Blachnik	Carol & Lyle Hughes	Lloyd & Lois Rohmiller
Larry Bower	Wesley Iseminger	Beth Rozeboom
Richard Boyle	Pat Ann & Jerry Johnson	John Scherrman
Jim Brehm	Sally Kimball	Judy Seaman
Maureen Camerer	Leon & Ruth Koster	Kristine & Steve Shults
Lee & Marilyn Chamberlain	Anna Kounas	Shari Sneary
Sherry Craig	Robert Lee	Robert Steffe
Terry Dahlquist	Sue Levay	Gloria Stinton
Diana & Jack DeRocher	Sharon & Tom Lillie	Dean Stoll
Barbara Doren	Ellen Livingston	Richard & Bonnie Storm
Sherry Evans	Arlene Milbrodt	Paul & Rita Swanson
Barbara Frey	Susanne Stoeger Moore	Grace & Jon Wagoner
Roberta Gill	Russell Movall	Harold Ward
Kathleen Graham	David Napier	Kathy Watkins
Paul Gregory	Gilbert & JoEllen Nelson	David Young
Lonnie Gustafson	Jeanine Newton	Beth Hughes
Beverly Hall	Caroline O'Kane Sands	Joseph Smith
Donnette Hatch	Marsha & Martin Pasker	Jean Biernbaum

## Crafts with Diana

In January the ladies enjoyed their time with Diana as they made inspirational wooden boards and pine cone owls

Her February 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, February 1st : Valentines Day craft**

**1:00 p.m., Tuesday, February 15th : Vase decorated with stencils**



## 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



# Connecting Daily

Providing your senior care needs:

Independent Living, Assisted Living, Nursing Care, Memory Care, & Rehabilitation Services.

Call today for more information  
(712) 276-3821  
5501 Gordon Drive, Sioux City



## SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.277.6500 • SNBonline.com

"Where Quality Counts"

## PRESTIGE Collision Repair Centers

Two Locations:

508 West 7th      3929 Prestige Blvd.  
Sioux City, IA 51103      Sioux City, IA  
712-258-1658      712-234-1975

## LEWIS ELECTRIC CO.

508 S Flynn St.  
North Sioux City, SD 57049

Estimates Gladly Given

Ph. 252-2785



Home Health Care Co.

"Products you need, from the people you know."

**SALES • RENTALS • REPAIRS**  
Free Delivery & Set-Up

- Hospital Beds
- Wheelchairs
- 3-wheel scooters
- Patient lift chairs
- Ostomy supplies
- Oxygen
- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
- Much more

214 W. 7th Street • 800-217-2275

**712-277-2273**

Answered 24 hours a day



# February 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:

- Feb. 1st ..... Write about your winter blankets!
- Feb. 8th. .... What day or days of the week are your favorite?
- Feb. 15th...Write about friendships and/or Valentines
- Feb. 22nd. .. Write about the importance of President's Day!

### FEBRUARY

#### INTERESTING FACTS

1. Ground Hog Day came about because of a German superstition.
2. Every 6 years February is the only month with 4-full seven-day weeks.
3. People are lonely because they build walls instead of bridges.
4. February is the most misspelled of all the months.

"Without Valentine's Day, February would be...well, January."

~ Alice Reeg, Creative Writing

### FEBRUARY POEM

Love is friendship, friendship is love,  
If love fails, friendship should remain,  
For friendship is the foundation of love.  
(unknown)

## 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 a Pizza Pan Craft on **Tuesday, February 8th at 1:00 p.m.** It will surely be a blast! **If you would like to participate, please sign up at the activities table (limit 15)**

## February Birthday Party

Our February monthly birthday party will be held **Monday, February, 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 **Continental Springs Nursing Rehab & Senior Living** for the great cakes!

Last but not least, we would like to thank **Jamie Nieman** for the wonderful entertainment for January'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	Gary Stokes	Linda Beeson	Rita Swanson
Anna Kounas	Gil Nelson	Lola Balstad	Sherry Evans
Audrey Ercolini	Grace Wagoner	Lynda Martin	Theresa Hammond
Bill Sievers	Jane Henderson	Margaret Neely	TOPS #IA 730
Bruce Hunkins	Jerry Crossland	Marvin Pottebaum	Uuno Kanto
Carol Kelzer	Jerry Johnson	Norma Ulmer	Vernon Hughes
Caroline Sands	Joann Peters	Normagene Hughes	Vikki Jacobs
Diane Tayler	JoEllen Nelson	Pat Halligan	
Dorothy Swanson	Judy Rehurek	Paul Zielezinski	
Doug Engel	Kaye Plantenberg	Ramon Sundquist	

## 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*

## Welcome to the Library

Please join us in putting a puzzle together. Our book club choice for March is "On Swift Horses" by Shannon Pufahl. We meet March 3rd at 10:00 a.m. in the library.

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. We also LOVE donations of gently used books to add to our library.

**See you in the library!**

*-Helen Eriksen*

## 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.**



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

## 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-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 3rd Friday of each month at 1:00 p.m.**



## 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 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!

## 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.

## Interactive Metronome

Margaret at 48 has Multiple Sclerosis and had progressed to the point of requiring a seated rollator walker for mobility and numerous adjustments to her work and home functional routines. Her decline had been insidious, over the course of several years. She wondered if there was anything available that could improve her skills. "And thus, our mutual journeys began." Synchronous neural timing at the millisecond level within and between centers of the brain is required for smooth, coordinated movement of the arms and legs, normal gait, and balance. In Margaret's case, the pathways in the brain for movement had been ravaged by MS, affecting timing and mobility. Margaret began training with a specific neuro-technology designed to improve synchronized timing called Interactive Metronome (IM). IM training facilitates timing and rhythm as a person moves his/her body and walks in synchrony with a reference beat. Throughout the program, Margaret's ability to move her extremities and take steps to the beat was measured in milliseconds, allowing her to see where she started and how far she'd progressed each session. Guide sounds prompted Margaret to make adjustments in timing and rhythm, eventually leading to improved timing, coordination, and balance. Interactive Metronome improved Margaret's quality of life.

**Hospice of Siouxland** *Siouxland Palliative Care*

309 Cook St.  
Sioux City, IA 51103  
712-233-4144  
[www.hospiceofsiouxland.com](http://www.hospiceofsiouxland.com)

**Siouxland (HEARING) Healthcare, P.L.C.**

2916 Hamilton Blvd.  
(712) 258-3332  
[www.siouxlandhearing.com](http://www.siouxlandhearing.com)

Michael Sloniker,  
M.S., CCC-A

**Palmer's**  
*Old Time Candy Shoppe*

Hours: Mon. - Sat. 10 am - 5 pm  
405 Wesley Parkway • 712.258.7790  
[www.palmercandy.com](http://www.palmercandy.com)

**COLBY M. LESSMANN**  
*Attorney at Law*

*Practicing Primarily In:*  
Wills ♦ Trusts  
Estate Planning ♦ Probate

613 Pierce Street, Sioux City, IA 51101  
(712) 252-3226

**OPEN DOOR CHAPEL**  
**SERVICES: SUNDAY 10:45**  
PASTORS REV. MIKE & REV. JUDY  
712-258-9248  
601 FLOYD BLVD – SIOUX CITY, IA

**The Heritage**  
*at Northern Hills*

4000/4002 Teton Trace  
Sioux City, IA 51104

**weekender**  
Sioux City Journal  
**Siouxland's Choice AWARDS**  
WINNER

*Winner!*

Voted the Best ASSISTED LIVING/ SENIOR LIVING in the 2018, 2019 & 2021 Siouxland's Choice Awards.

**Call (712) 239-9400 for more information!**

**In Business Since 1921!**

**KALINS**  
**INDOOR COMFORT**

HEATING & AIR CONDITIONING  
Heating • Cooling • Fireplaces  
Call 712-252-2000  
[kalinsindoor.com](http://kalinsindoor.com)

# February Yearly Membership Anniversaries

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

- |                 |                |                |                 |              |
|-----------------|----------------|----------------|-----------------|--------------|
| JAN ASHMORE     | CHARLES FISHER | ERIC JOHANSEN  | PAMELA MEARS    | RAY TURNER   |
| JEANNE AVERY    | BARRY GRAUSE   | JUDY JOHANSEN  | JEANINE NEWTON  | STEPHEN      |
| TIM BELL        | LILA HENKE     | TERESA JOHNSON | ANDREW ROBAK    | VANDERBURGH  |
| VICKY BENTSON   | VICKIE         | LINDA KING     | LLOYD ROHMILLER | RON VOGT     |
| BETTY BIELSKI   | HENRICHSEN     | VERTUS KLUVER  | DON SCHULTZ     | JAMES WALSH  |
| LYNN BLOMBERG   | VINCE          | KAREN KOCH     | LARRY SHAVER    | GARY WENELL  |
| HARRY BRIDGETT  | HENRICHSEN     | MINDY KRAUSE   | GLORIA STINTON  | CARMEN WHITE |
| THOMAS BUTLER   | CATHY HERRIG   | FLORA LEE      | SHARON STROM    |              |
| VALERIE         | IRIS HOFLING   | DORIS LOHRY    | JERRY SWARTZ    |              |
| CONAWAY COTE    | CYNTHIA        | MARLYS MAURER  | MICHAEL TEW     |              |
| JERRY CROSSLAND | HYNDMAN        | PAUL MAURER    | JEAN TURNER     |              |

## 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!

## 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!



## 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.

## 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*

VISIT OUR LARGE INDOOR DISPLAY!



1315 Zenith Drive Sioux City, IA Phone: (712) 252-2772  
Near the junction of Hamilton Blvd and I-29

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



## Rock Steady Boxing

A study published in the Physical Therapy Journal of the American Physical Therapy Association concluded that Rock Steady Boxing classes demonstrated participants with Parkinson's disease benefited from the conditioning of Rock Steady Boxing classes. Participants of all levels of Parkinson's showed improvements in balance, gait and quality of life during the 24-week study. The Center encourages anyone with Parkinson's to come and join the classes. Classes are also starting for those members wanting a more physical exercise class.

## 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.

## 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.

- February 4th - 4 on the Road
- February 11th - Jerry O'dell's Country Flavor
- February 18th - Ed Tryon Big Band Sounds
- February 25th - Country Brew

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.*

## 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.
- Fall and winter-colored tablecloths, and always red, white and blue

## 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.

## Center's Member Receives Award




One of our own members of the Siouxland Center for Active Generations has been honored recently for her outreach and service to refugees and immigrants to the Siouxland area.

The Sioux City War Eagle Human Rights Commission, on December 10th presented Carol Kelzer with an award for helping according to a recent Sioux City Journal article. Carol's work with aspiring Americans helped them prepare for their materialization examinations, as well as understanding the privileges and responsibilities that come with citizenship.

At Mary J. Treglia Community House, Carol has taught adult English and Citizenship classes for fifteen years. For most of that time, she has also prepared pre-school children for Kindergarten in English speaking classes. Another member of our Center helping our community. Way to go Carol!

# February 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
	<b>1</b> <b>Crafts with Diana</b> <b>Valentines day craft (limit 10)</b> 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 <b>Coffee Shop lunch</b> 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Crafts with Diana 1:00 pm Ping Pong	<b>2</b> 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 <b>-\$1.00 Guests</b> 11:30 am Phase 10 11:00 am-12:30 pm <b>Coffee Shop lunch</b> 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 	<b>3</b> 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 <b>Coffee Shop lunch</b> 11:00 am Canasta 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong	<b>4</b> 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 <b>Coffee Shop lunch</b> 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 style="text-align: center;"><b>Featuring 4 on the road</b></p>
<b>7</b> 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 <b>Coffee Series</b> - Outsmart Yourself 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm <b>Coffee Shop lunch</b> 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	<b>8</b> 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 <b>Coffee Shop lunch</b> 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong	<b>9</b> 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 <b>-\$1.00 Guests</b> 11:30 am Phase 10 11:00 am-12:30 pm <b>Coffee Shop lunch</b> 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 	<b>10</b> 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 <b>Coffee Shop lunch</b> 11:00 am Canasta 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Ping Pong	<b>11</b> <p style="text-align: center;"><b>10:30 am Genealogy Class (2nd Friday)</b></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 <b>Coffee Shop lunch</b> 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 <b>Friday Dance</b> <p style="text-align: center;"><b>Featuring Country Flavor</b></p>
<b>14</b> 9:30 am <b>Grief Support (2nd Monday)</b>  1:00 p.m. <b>BirthDay Party (2nd Monday)</b> Hosts: <b>Stuff/ Volunteers</b> 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 Grief Support	<b>15</b> <b>Crafts with Diana</b> <b>Vase with stencils (limit 10)</b> 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	<b>16</b> 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 <b>-\$1.00 Guests</b> 11:30 am Phase 10 11:00 am-12:30 <b>Coffee Shop lunch</b> 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101	<b>17</b> 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 <b>Coffee Shop lunch</b> 11:00 am canasta	<b>18</b> <p style="text-align: center;"><b>1:00 pm BUNCO (3rd Friday)</b></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 <b>Coffee Shop lunch</b>



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 and online shopping lessons  
 12:00 pm Pinochle  
 12:30 pm Bridge-Duplicate  
 1:00 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

1:00 pm Coloring Corner  
 1:30 pm Walking off the Pounds



12:00 pm Cribbage  
 12:30 pm Mah Jongg  
 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  
 Ed Tryon "big band sounds"*

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)  
 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

22

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 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

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**  
 11:00 am Canasta  
 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  
 Country Brew*

28

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 RSVP volunteer meeting  
 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

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  
 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 Ping Pong

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**  
 11:00 am Canasta  
 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**

# FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Soup  Sloppy Joes Potato Salad	<b>2</b> Soup  Chicken Mashed Potatoes Vegetable	<b>3</b> Chicken & Noodles Mashed Potatoes Vegetable	<b>4</b> Spaghetti with Meat Sauce Garlic Bread  Soup
<b>7</b> Soup Grilled Cheese	<b>8</b> <b>Swiss Steak</b> Mashed Potatoes & Gravy Vegetable	<b>9</b> Meatloaf Mashed Potatoes & Gravy Vegetable  Soup	<b>10</b> Soup  Chicken & Rice Casserole	<b>11</b> Tater Tot Casserole Salad  Soup
<b>14</b> Chili Cornbread	<b>15</b> Baked Ham Mashed Potatoes & Gravy Vegetable	<b>16</b> Soup  Moroccan Chicken Breasts Rice & Vegetable	<b>17</b> Ultimate Grilled Cheese Tomato Soup or Salad	<b>18</b> Ham & Bean Soup Cornbread
<b>21</b> Minestrone Soup Sandwich	<b>22</b> Cabbage Roll Casserole Dinner Roll	<b>23</b> BBQ Ribs Baked Beans Cole Slaw	<b>24</b> Soup  Chicken Pot Pie Salad	<b>25</b> Salisbury Steak Mashed Potatoes & Gravy Vegetable
<b>28</b> Beef Stroganoff Noodles Roll		<b>Check out our new Winter Drink Menu</b>		<b>Wednesdays:</b> 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 Family Search

*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.

## 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.

## Preparing for Valentine's Day When You Are Grieving

As is true with all holidays and anniversaries, some of your anxiety around Valentine's Day can be alleviated by planning how you want to spend the day ahead of time. Even if you toss out "the plan" at the last minute, having one in the first place can help you set a meaningful direction for the day. Commemorate the memory of your beloved as love doesn't go away. Connect with a support group such as friends and relatives, maybe sharing stories or pictures of your loved one. Cultivate compassion for yourself and others with compassion meditation practice, known as metta meditation (positive energy and kindness to others). It can go a long way to help you feel more connected to yourself and the world at large. And finally show yourself kindness and mercy. Send yourself words of self-compassion and mercy: Such as "This is hard, but I am doing my best,". Our Grief support group meets each 2nd Monday of the Month at 9:30.

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.

## JAM SESSION



Wednesday's Jam Session is getting bigger and better all the time! Please join the awesome Senior Jammers on Wednesdays from 10:30-12:00 p.m. in the Multi-Purpose Room. Singers and instrument players are welcome and feel free to dance. Come join in on the fun. Thanks for the great entertainment, everyone!

# Sit and Sip Coffee Shop

Rumors abound and perhaps you have heard a few. One rumor is the big kitchen, AKA: The Sunshine Café, will be reopening. Yes, this is a possibility but there is no date yet. We will keep you posted.

Prices for food have risen and they are impacting what we can offer. There may be an occasional change in the posted menu. We apologize for any inconvenience and ask for your understanding.

### 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 also have lots of freezer space so frozen vegetables*

*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.*

# RSVP-Retired & Senior Volunteer Program

The largest volunteer program in the nation is coming to Siouxland through the Iowa Department of Aging. RSVP recruits, trains, and places adult volunteers in a host of community-based human service agencies such as the Center. An informative meeting will be held February 28th to discuss how that program can benefit you and the community.

# Tai Chi Fans

Our beginner Tai Chi Class meets Tuesdays at 10 am weekly and our advanced class meets weekly on Monday at 10 am. The classes are taught by Pam Stephan. Tai Chi is a great form of exercise! Come join in on the fun!

# Chair Yoga with Kaye

Hi, from Kaye! Have you made a New Year's resolution? Some fitness experts recommend the squat as the one exercise people should do every day if they had no time to do anything else. Doctor Christopher Stepien, a sports therapist, and chronic pain expert says, "50 squats a day will keep the dr away." Personally, my regime will be more manageable, I am trying 5-10 squats 3x a day for 5 days a week. That may not sound like a lot but consistency in working out brings results. Exercise is the most important part of working out, not how much you accomplish.

Why is the squat the exercise to do every day? Because we do it many times a day to stand up, sit down and get out of the car.

**Mantra of this month. As perfect as we set our New Year's resolution our lives change when our habits change.**

*Kaye Plantenburg*



## STRUGGLING TO PAY YOUR RENT?

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

[www.sioux-city.org/services](http://www.sioux-city.org/services)

Sioux City Housing Authority  
405 6th St. Sioux City, IA • (712) 279-6348



Larry's Steinbrecher  
Stump grinding  
712-204-5811

✦ Stump Grinding ✦


For You  
Free Estimates-Quick Service  
Large & small-We grind them all

**MediGold**  
Medicare made easy\*

Now in Iowa!

Iowa State Office: 1449 NW 128th St., Suite 210 Clive, IA  
Joe Evans, Sales Manager - Iowa: JOE.EVANS@medigold.com

Body & Frame Repair



**Sioux Body Shop**  
501 West 8th St.  
(712) 255-7172

# FOULK BROS.

PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

## R. PRESCOTT & SONS

Plumbing & Heating Co.

Commercial & Residential Repairing

NO JOB TOO SMALL

NO JOB TOO LARGE

276-7014

# Blazing a Trail

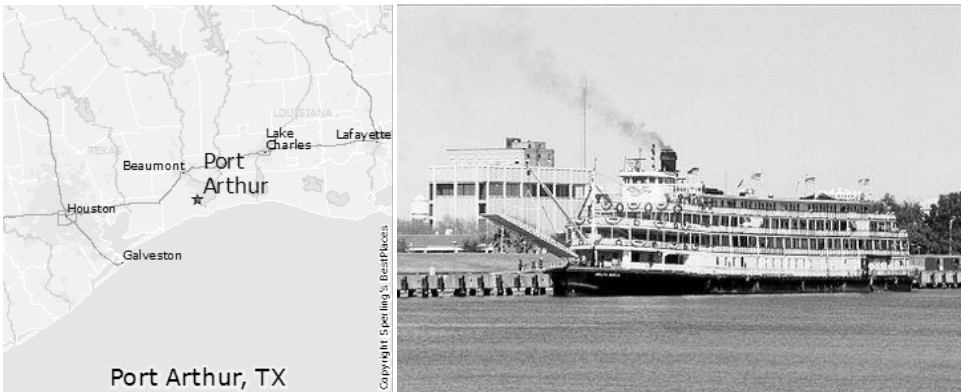
During the holidays and the cold windy weather, many Active Generations members were doing their best to stay active and fit by walking. The Trail Blazers group racked up 326 miles between Christmas and January 13th!

The next goal for the walking group is to walk the coast of the Gulf of Mexico from the Texas/Louisiana state line, around the state of Florida, and up the Atlantic coast to Canada. Of course, we are walking at the center or elsewhere around Siouland but visualizing the beauty of the coastal scenery.

Beginning Feb 1st, watch for pictures of the trip on the hallway TV. Also, you will find pictures on the bulletin board and short information print outs on the table there.

So, you are invited to join the group. Get fit, make a new friend, learn, enjoy!

*-Judy R. Judy S.*



# 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 at the activities table or at the front desk. The members will again be meeting in February.



## BRIDGE NEWS

We enter into our second year of the COVID pandemic with live bridge hopefully temporarily postponed again. We delayed our annual Christmas party to January and then postponed it again. At least we have online bridge to keep our skills honed and to satisfy that urge to play bridge. Please call Leon Koster or the Center if you are interested in learning to play bridge. Diane Howard's online class continues on Monday mornings. Sometimes she uses Zoom to teach something new from the Audrey Grant program and sometimes she uses the BBO teaching program where we bid and play hands and then discuss possibly better methods. Audrey Ercolini's Thursday class uses the latter format on a slightly lower level stressing opening leads and bidding. New students are always welcome at all classes.

# **SUTER**

**C.W. SUTER SERVICES**

*Service that Suits You!*

Heating & Cooling	We Service All Makes
Duct Cleaning	FREE Estimates
	24 Hour Service

**LENNOX**

Call 252-3007 or visit us online at [www.cwsuter.com](http://www.cwsuter.com)



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

Call and Apply Today! Oakleaf Property Management Company strives to provide affordable housing for the elderly or the disabled with several Siouland locations. Please ask about our Free Service Coordinator Programs.


**Equal Opportunity Housing**



**Oakleaf**  
 PROPERTY MANAGEMENT  
 1019 Jones Street • Sioux City, Iowa  
**(712) 255-3665**

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

# Dermatology Skin Care Discussion to be held at Center

During the winter months as we spend more time indoors, people may notice skin changes ranging from dry and itchy areas, red bumps that get larger and more scaly, new brown spots or skin lesions that

bleed easily or not heal as expected. Moisturizing frequently can mitigate some of these rashes flare. If the rashes persist, a dermatology input would usually treat it. Other aspects of the skin flares are the culmination of significant sun damage, which unfortunately is common in the older population, prior to recent emphasis on the importance of sunscreen use and sun protection.

Skin cancer is the most common cancer in the United States currently with 1 out of 5 persons developing one by the age of 70. This is why it is important to have your skin evaluated by a trained dermatologist or professional annually. This increases the chance of identifying and managing some of these lesions when they are precancers or treating the malignancy early to facilitate better outcomes.

Dermatologists also manage internal conditions that involve the skin, nail concerns and hair loss. At Dunes Dermatology in Dakota Dunes there are three trained providers who provided comprehensive care for all Siouxlanders skin, hair, and nail needs. Same day appointments can be made and for patient convenience. The majority of surgeries including Mohs are performed in office. **Dunes Dermatology will be hosting a skin care discussion on 2/09/2022 at 10:00 AM at the Siouxland Center for Active Generations on skin cancer, dry skin, and bruising.**



Patrick Safe, MD/PHD



Crystal Oberle, PA-C



Emily Kruse, PA-C

## Center Receives Donation of Chairs

The Siouxland Center for Active Generations recently received a donation of 75 chairs from Siouxland Meet the Need. Siouxland Meet the Need is a religious based Siouxland non-profit organized to raise awareness of material needs of local non-profits, and to help by facilitating donations to these organisations. These donated chairs were originally used at Western Iowa Technical college. Our new chairs will be used in the Center's Bingo room and the Multipurpose room at the Center. This great gift will provide a pleasant functional and comfortable seat for our events.



## 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. A new group will be starting in February. Sign up today to join the fun.



# FEBRUARY BIRTHDAYS

Lillie Rundall  
 Gail Ankrum  
 Betty Lou Baker  
 Colleen Baker  
 Karen Balstad  
 Kathryn Beacom  
 Phyllis Bennett  
 Clarissa Benson  
 Lois Brownlee  
 Steven Camarigg  
 Steve Chadwick  
 James Cody  
 Frances  
 Cummings  
 Don Domayer  
 Pat Ann Ellis  
 Helen Foix  
 Adam Frisch  
 Eleanor Gibson

Gordon Hansen  
 Arlene Held  
 Cathy Herrig  
 Sharon Hobart  
 Rose Hobbs  
 Anna Hoover  
 Daniel Hudek  
 Jeanita Husted  
 Gaylene  
 Ironhawk  
 Julia Johnson  
 Sharon Junge  
 Sandra Kuntz  
 Shirley Larson  
 Carla Leibrich  
 Sue Levay  
 Gary Livingston  
 Doris Lohry  
 Diann Love

Mary Madden  
 Wilma Mapes  
 Marlys Maurer  
 Alan McGaffin  
 Rita Merrill  
 Sandra Miller  
 Preston Nason  
 Bob Phillips  
 George Polak  
 Tom Porsch  
 Annette  
 Rasmussen  
 Sandi Rasmussen  
 Lloyd Rohmiller  
 Evelyn  
 Schademan  
 Doris Schiltz  
 Carol Shimitz  
 Leanna Shinkle

William Sievers  
 Judy Smith  
 Larry  
 Steinbrecher  
 Richard Storm  
 Paul Swanson  
 Charles Tarvin  
 Gerald Taylor  
 Donna Thiele  
 Stephen  
 Vanderburgh  
 Marilyn  
 Vollmecke  
 Gary Wenell  
 Karen Wilcoxon  
 June Wilhelm  
 David Young  
 Annette  
 Hoefling



## NEW MEMBERS

RUTH AILTS  
 TOM BRANDT  
 JAMES EWING  
 MARGARET HALL  
 VERNA HALLIGAN  
 JUANITA JOHN  
 COLONEL KRAGE  
 ROSEANN MAYO  
 MICHELLE MEYERS  
 BRENDA OEHLERKING  
 RUTH TORRES

## WE REMEMBER

NANCY BRICKER

## MEMORIALS

*for: Nick Zarkos*

from:

Pamela Petersen & Rick Zarkos  
 Robin Petersen  
 Karen & Perry Bourne  
 Don & Rosalie Horsted  
 Sherry & Vince McGill

## 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](http://sanfordhealth.org),  
 keyword: Bladder Health

**SANFORD**  
 WOMEN'S

## Self Defense Escape Techniques Class

This class will be meeting on march 2nd and 4th at 11:00 a.m. it offers escape techniques that use leverage, not muscle! These moves are easy, simple and affective in getting away from your attacker. On the first class we will introduce the moves and practive them. On the 2nd class we will review and practice the moves again and review your legal rights on how to protect yourself. Each Session is about an hour long and a hand our of the techniques will be given to each student along with a question and answer session. Sign ups will be on the activities table.

**Record Printing**  
 1117 Villa Ave • Sioux City, IA 51103  
 (712) 252-0563 • (712) 252-0100  
 www.recordprinting.com

**J&J Coins & Collectibles**  
 Buying & Selling Coins, Currency,  
 Postcards, Stamps, Antiques, Precious Metals  
 We Do Appraisals!  
 712-274-9195 901 S. Cecelia  
 800-397-9053 Sioux City, IA 51106

10 am - 6 pm Collectibles  
**Peters Park Flea Market**  
 Sioux City, Ia  
 3938 Transit Ave. 276-7000  
 7 Days a Week Furniture  
 Booths Available  
 Antiques

**Drilling Pharmacy** 4010 Morningside Ave  
 Where You're Part Of The Family  
**Free Delivery** 276-4621  
 Hours: Mon-Fri 9-8  
 Sat 9-5 • Sun 9-1

**1, 2, 3 BR Luxury Apt. Homes**  
 FREE Heat, Appliances Furnished, incl. W/D  
**Dakota Pointe Apartments**  
 208 E. 39th St. • South Sioux City, NE  
 402-494-8210 • www.vbclink.com

**GRAHAM**  
**TIRE & AUTOMOTIVE SERVICE**  
 3480 Gordon • Sioux City, IA • 712-274-2024

**ROTO-ROOTER** Pat Brown  
 SEWER-DRAIN SERVICE  
 Senior citizens discount \$5 off any service call.  
 712.276.7329

**YOUR ONE STOP SHOP**  
 bomgaars  
 TWO SIOUX CITY LOCATIONS TO SERVE YOU!  
 1732 HAMILTON BLVD. & 5901 GORDON DR

**TRUGREEN**  
 601 Main Street • Sioux City, IA 51103  
 712-279-9553 • 888-356-4664  
 An Independently Licensed Franchise

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  
**PAID**  
 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**

December

*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>Gene Anderson</b>	<b>Marc &amp; Ellen Christofferson</b>	<b>Gail &amp; Tom Brown</b>
	<b>Andrea &amp; Mark Rathgeber</b>	<b>Paul Zielezinski</b>	<b>Russ Movall</b>
	<b>Paul Gregory</b>	<b>First Premier Bank</b>	<b>Jon &amp; Grace Wagoner</b>
	<b>Diana Howard</b>	<b>Dorine Levine</b>	<b>Judy Seaman</b>
	<b>Barney Pottebaum</b>	<b>Charter Senior Living</b>	
<b>Tom &amp; Deanna Jacobs</b>	<b>Northpark Place</b>		