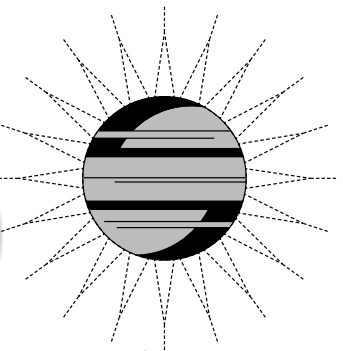


SEPTEMBER 2021 SUNSHINE NEWS



Telephone
712-255-1729

Number
513

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

WEEDS

(By Joseph J. Mazzella * August 17, 2021)

It had been hot and muggy in the mornings for the last week, but this morning the weather was better. The air was cool and smelled sweet. The sun was slowly rising from behind the trees. The moon was at 3 quarters full and looked like a smiling face peeking around a doorway. I could see 3 hummingbirds zooming around in ariel acrobatics around my daughter's feeder. In the sky the pink and purple in the clouds was slowly turning gold and white. The meadow behind my house was full of life too. Yellow buttercups and golden dandelions were blooming in it with bees and butterflies all around them. I could also see hundreds of daisies, black eyed Susan's, and regal Queen Anne's lace filling it with their beauty and Heavenly scents.

I was glad that nobody had mowed it in a while, so all of these wildflowers had a chance to share their sweetness with my soul. So often people call these flowers weeds and do everything they can to exterminate them. They get run over with lawn mowers, showered with herbicides, and cut down with weed eaters. Yet, given a few weeks they are back again sharing their food with the insects, their loveliness with my heart, and their glory with God.

I really admire these "weeds". I have raised lots of flowers in my yard over the years. I have planted them, watered them, and

watched them grow. Still, they never seemed as hardy as the wildflowers. They seemed a little fragile instead and without my help they soon died. The so called "weeds" didn't need my help at all. They went right on growing year after year blessing this world with their beauty. That is why they will always have a special place in my heart.

In this life you have a choice. You can be a fragile flower at the mercy of the world. Or you can be a rugged "weed" taking all life gives you and still sharing your beauty with everyone. May you always choose the latter. May your life be full of strength, growth, laughter, love, and joy. May you overcome all the obstacles in your way. May you grow where God planted you, take your place in His glorious creation, and live your life with your own unique light.



Center Hours

The hours for the Center are Monday - Friday, 8:00 a.m.-2:30 p.m.
CLOSED ON -Monday, Sep 6th for the observation of the Labor Day.

MASKS NO LONGER REQUIRED AT THE CENTER.

Our Board has approved Masks as Optional, for our facility. Please respect those who wish to continue to wear the mask.

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



I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!!!



Here's the Scoop. Megan with Care Initiatives Hospice will be at the Center on **Wednesday, September 8th at 1:00 p.m.** for an Ice Cream Social. Stop by her table to say Hi! Join us for a Sweet Time, Meet and Mingle and enjoy a cup of complimentary Homemade Ice Cream.

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

Joseph Donovan

Capt. Cregg Getman

Melanie Berte-Hickey - Member

Joel Jarman - Member

Colby Lessmann

Nolan Lubarski - Member

Malinda Pflanz - Member

Steve Pohlman

Barney Pottebaum - Chair

Judy Seaman - Member

Executive Director

Patrick Tomscha

Program Coordinator

Michelle Laffin

Membership Coordinator

Jan Green

Editor

Judy Seaman

Carol Gall



Annual Dues — \$52 per Person

Contact us about advertising
in the Sunshine News

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

Crafts with Diana

Every one of the August Solar Light crafts that the ladies did turned oh so pretty!

The September classes are listed below. You don't need to bring anything but yourself. However, you do need to sign up, and please pay the **\$2.00 fee for the class. (Limit – 10)**

* **1:00 p.m., Tuesday, September 7th: Soap Bars**

* **1:00 p.m., Tuesday, September 21st: Craft Undetermined**



Continental Springs Creations

It was so nice to welcome **Continental Springs** back to our Center for their craft class. In the first August class our members had an enjoyable time creating some darling button trees!

Becky brings creative projects to our Center for our members to use their imagination to create their own desired effect. The next 2 classes are listed below. They are always at **11:00 a.m. on the 2nd and 4th Fridays of the month.** There is no cost to our members, Continental Springs supplies everything for this complementary class.

If you would like to join Becky and Cheri for either of the craft classes, please sign up at the activities table. (Limit 15)

- **11:00 a.m., Friday, September 10th: Dryer Vent Pumpkin**
- **11:00 a.m., Friday, September 24th: Sock Gourd**



Activity with B.A.M.

It is not unusual for our members to have a great time during the sponsored activity with **Bickford Assisted Living and Memory Care.** The August activity was no different. Our members had a lot of laughter and a fabulous time while playing trivia and enjoying rootbeer floats with Diane and Deb! If you have not attended one of the B.A.M. activities you are missing out!

Fairy Gardens will be their next activity on **Tuesday, September 14th at 1:00 p.m.**

If you would like to participate, please sign up at the activities table. (Limit of 15 people.)



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 is great exercise. -Pam Stephan

Jazz Dancercise

Jazz Dancercise class meets on **Tuesdays and Fridays from 11 a.m.-noon.**

Our warm-up begins with classical music and ballet stretches. As jazz is introduced, you will experience music with a great beat to get you moving and having fun! The movements taught help with blood circulation, posture, coordination, balance, and muscle strengthening.

Comfortable clothes and shoes, along with a desire to learn and have fun is all you need. - Bridget Agriopoulos

See you in the Gift Shop

Here's what's new for *Fall* in the gift shop... We have many Fall items, baskets, along with tea pots, and other collectibles 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 in to visit for a bit. We love your company!

Our shelves have space for any treasures you may no longer need, and we are happy to take them off your hands. (No TV's, large appliances or clothing please.) Remember, the Gift Shop is open to members and non-members alike.

We have a lot to offer, and we love your patronage. *-Your Friends at the Gift Shop*

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. You might decide you want to join.

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 _____



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 712.568.2472 • 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

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	Courtney Ott	Kris Shults	Pat Niewohner
Anna Kounas	Deanna & Tom	Kyong Hanshaw	Paul Gregory
Barb Steffe	Jacobs	Leo Thornton	Paul Zielezinski
Barbara Frey	Diane Bostic	Leona Rogers	Rita Swanson
Bev Hall	Dorothy Swanson	Linda Engel	Rolene Beauvais
Bill Lyle	Gene Anderson	Linda Martin	Sally Kimball
Bob Morrissey	George Polak	Lola Balstad	Sandi Graser
Bruce Hunkins	Helen Bundy	M Rickard	Sandy Kuntz
Carol Gall	Jane Henderson	Madeline Prescott	Sherry Evans
Carol Kelzer	Jerry Crossland	Margaret Neeley	Tim Bell
Carolyn Henjes	Judy Peterson	Miriam Clayton	Vikki Jacobs
Cathy Stevenson	Judy Rehurek	Normagene Hughes	TOPS Club
Chuck Warren	Kathie Kobernus	Pat Bornhoff	

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
Continental Springs Nursing Home
Countryside Healthcare Community
Dixie Gors - Realtor
Heritage Northern Hills
Hospice of Siouxland
Sierra Linneweber-Great Plains
Medicare
Koated Kernels
Azria Health Regency Square

Fitness Logic with Lee

Fitness Logic is scheduled on **Tuesdays at 9:00 a.m.** Even when you are exercising, Lee always makes sure to keep it fun.

They use balls, bands and weights while he incorporates various movements and stretches for you to follow along to. If you haven't attended this great fitness class before, you are missing out!



Bidge News

COVID has been a dangerous nuisance to everyone in the world, not just bridge players. Just when we thought vaccinations would allow us to play live games at the Center again, this Delta variant arose and changed everything again. Our health is more important than minor pleasures, so our local club is cancelling live games until this new wave passes. ACBL also cancelled scheduled August tournaments for the same reason. We are truly fortunate to have the online games and classes, so that we can play games and enhance our skills. Diane Howards Monday 9:30 class is back online. Audrey Ercolini's Thursday 9:15 class continues online. Leon Koster's new live beginning bridge class is on hold until we feel safe to meet face-to-face again. Please call Leon if you are interested in his beginning class, so he can add you to his list. - *Audrey Ercolini*

Blood Pressure Screenings

Free blood pressure screenings are available from **10:00-11:30 a.m. on the 2nd and 4th Fridays of the month.**

The screenings will take place in the Classroom- in the middle hallway between the gift shop and library.

Walking Exercise Group

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

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!

Fitness with Dixie

If you would like a total body workout, upper and lower, stretching, range of motion, and core, Dixie's class is where you want to be. Join in on **Fridays at 9:00 a.m.**



Trail Blazers Walking Group

During the hot, humid days of July and August the Trail Blazers were enjoying walking in the cool comfortable halls of the Active Generations! As a group they walked a total of 411 miles from July 5-August 13. What a great way to stay fit during the summer days.

Beginning on Sept. 7th the Trail Blazers will be physically walking at the Center while visualizing hiking the Appalachians Trail. That trail begins in the state of Maine and continues to northern Georgia, a distance of 2,190 miles.

Pictures of sights along the trail will be showing on the T.V. in the corner of the hallway.

On **Friday, September 17th** they will venture out for a walk in LeMars. All people who love to walk are invited. **Meet at the Center at 9:30 a.m.** to form carpools for the drive to LeMars.

After a walk on the beautiful trail near the golf course, walkers are welcome to meet at Habitue Coffee Shop for lunch, followed by dessert at the Blue Bunny Ice Cream Parlor. This will be an excellent opportunity to meet fellow walkers and get to know them better.

Hope to see you on September 17th for this fun outing! - Judy R. and Judy S.

Jam Session

We have a wonderful group of talented Jammers entertaining us here at the Center weekly. Please feel free to join us on **Wednesdays from 10:30 a.m.-12:00 p.m.**

Non-member's fee is \$1.00

Singers and instrument players are welcome. Attendees may dance or sit and enjoy the show. Come join in on the fun. It is such a good time!

Thanks to all the Jammers for the amazing entertainment provided to us weekly- We really appreciate you all!

Hospice of Siouxland *Siouxland Palliative Care*

309 Cook St.
Sioux City, IA 51103
712-233-4144
www.hospiceofsiouxland.com

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

2916 Hamilton Blvd.
(712) 258-3332
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

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

September Yearly Membership Anniversaries

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

JEANETTE BOBEEN
DAWN BOMGAARS
KENT CLAUS
JUDITH CRANE
EMILY DOMAYER
LEON DOXTAD
LYNN DOXTAD
ROGER ELDRIDGE
PAT ANN ELLIS
JEANNE EMMONS
ALEXANDER ESTEVES
MARY FERRARI
JOYCE FOSTER
GINGER FRANCE
SANDY FRAVEL

ADAM FRISCH
AGGIE GAGNON
THERESA HAMMOND
DIANA HEJHAL
NADINE HOLST
ROSALIE HORSTED
TIMOTHY JACOBS
JOAN JOHNSON
SALLY KIMBALL
TOM KINGSBURY
ANNA KOUNAS
RODNEY KUCHTA
KRIS KUCHTA
PHYLLIS MCMILLAN
RITA MERRILL

WAYNE MERRILL
WILLIAM MERRITT
KERWIN MEYER
CAROLYNN SUE MILLER
VIVIAN MILLER
SHIRLEY NELSON
PAT NIEWOHNER
DON OLSON
DONNA OLSON
EDDA ELSE PHILIPPSEN
MADELINE PRESCOTT
WILLIAM PRESCOTT
IRENE PRINCE
JUDY SEAMAN
STEVE SHULTS

JOAN STEPHENS
RAMON SUNDQUIST
DONNA THUROW
LOWELL THUROW
DON TORGERSON
NORMA ULMER
LINDA URBAN
PAULA VAN ROEKEL
LINDA VANDERLIET
ROBERTA VANDERLINDEN
DOROTHY VANDERWEIL
LINDA VANDIVER
CHRIS VERSTEEG
LYNN WALSH
JOHN WOODS

Chair Yoga with Kaye

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength while boosting your mood, reduce stress and reduce joint pain.

Remember the Chair Yoga Safety Tips

- Breathe, inhaling & exhaling with movement encourages joints to relax.
- Sit upright.
- Align knees over ankles.
- Keep feet flat on the floor.
- Avoid staining.
- Avoid jerking or bouncing.
- You can come out of a pose at any time, especially if you feel any

discomfort.

Remember the mantras we used during the relaxation phase, those 5 to 10 minutes of quiet you can end your session with.

Mantra this month: *Speak in such a way that others love to listen to you.*

Listen in such a way that others love to speak to you.

I am looking forward to seeing you **Fridays at 10:00 a.m.** in the exercise room.

– Kaye Plantenberg



September Birthday Party

Our September monthly birthday party will be held **Monday, September 13th at 1:00 p.m.**, in the Multi-Purpose Room. The entertainment will be provided by our very own **Tai Chi group**.

We'd like to thank **Countryside Health Care Center** for providing the wonderful cookies. Also, thank you to **Continental Springs Nursing Rehab & Senior Living** for the great cake, and thank you to **Courtney Ott, Assistant Professor at Briar Cliff** for the gourmet cupcakes for the August birthday party. Lastly but not least, we would like to thank our **Center Stage Tappers** for the fabulous entertainment for August's birthday party! *We appreciate all your support!

Classes for Computers and Other Electronic Devices

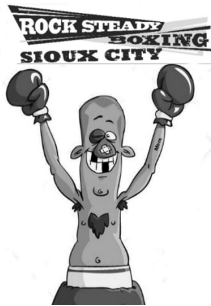
Kristina Yezdimer, is once again volunteering her time offering one-on-one computer classes at the Center. (She can also answer your iPad, iPod or cell phone questions.) To schedule a class, call the Center at (712) 255-1729. Thanks to Kristina for her continued support.

She is not charging for her service; however, if you would like to make a free will donation to the Center, they are appreciated.

Mixed Media

Vivian has lots of fun and creative ideas for our Mixed Media classes which meet on Fridays, from 11:30 a.m. until 1:30 p.m. Come join us and play!

Rock Steady Boxing: Exercise and the Brain



Rock Steady Boxing is 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. Various levels of training have been developed to meet the needs of people with PD at different stages of the disease.

The Rock Steady Boxing program is a nationally recognized program that helps Parkinson's patients maintain their quality of life. If you or someone you know can benefit from our Rock Steady Boxing program have them contact the Center for more information.

Sit and Sip Coffee Shop

Wow! I hope everyone has had a great summer with vacations and catching up with family and friends.

In August we began publishing a monthly menu and we hope you have enjoyed looking ahead for some of your favorite dishes. Another change in August was the decision to stop serving all food items at 1pm each day. We will continue to be open for drinks and snacks until 1:30pm.



You may see some new faces in the Coffee Shop as we welcome new volunteers. We can always use more volunteers to help in the front and even some prep work for lunch items. No experience necessary. The work is easy, and we will gladly train you.

Thank you for your support of the Coffee Shop and the Center. You are the best!

Our coffee shop could use some donations.

If you find yourself with an abundance from your garden, feel free to bring them to the Center to share in the coffee shop or with other members.

We can always use: canned chicken & tuna, dill & sweet relish, eggs, onions, fresh mini peppers, tomatoes, cucumbers, lettuce, canned vegetables, spaghetti sauce, pasta, canned mushrooms, all varieties of pasta, small canned or bottled juices, canned pop & bottled water.

Thanks to all who brought in fresh vegetables from their gardens, and all other donations.

Your donations are greatly appreciated, and we are grateful for your support. - Rose

Siouxland Parkinson's Support Group

We have a Parkinson's support group that meets the **4th Monday of each month** at 1 pm. It is available for our members and open to the public. All are welcome.

How Interactive Metronome Helped Alzheimer's Patient

Kathy's testimony: Kathy was 67 and worked as an upholsterer until she started changing. She couldn't find items in the grocery store, forgot her grandkids' names, looked down a lot, lost her keys and she was feeling depressed and lost. Her doctor told her there was "no hope," but that answer wasn't good enough. She and her husband Larry went in search of answers. A few months of IM training later and Kathy was standing tall, shopping on her own, back to work and laughing. Now, she keeps up training, with IM-Home and Larry said, "I got my wife back." (Article from Interactive Metronome.)

Interactive Metronome (IM) is the only training program that improves timing in the brain in an organized systematic engaging format. Research shows that combining movement and cognitive tasks leads to better overall outcomes. IM is a patented and unique training tool that challenges thinking and movement simultaneously, proving real-time millisecond feedback to help synchronize the body's internal clock.

* *Schedule your free assessment by contacting the Center at 712-255-1729 or Robyn Mellang 712-485-4289.*

Shredtastic

Friday, September 24th, is the next Shredtastic event. It is taking place here in the Center parking lot. Bring items to the Siouxland Center for Active Generations parking lot between **11:00 a.m.-1:00 p.m.** It is for Seniors and their Caregivers.



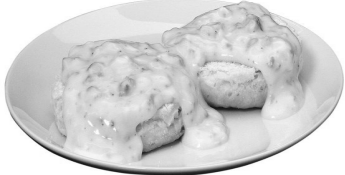

Special thanks to Document Depot, and Connections Area Agency on Aging for their help in coordination of this semi-annual event.

Shredtastic- Volunteers Needed

We are looking for volunteers to help with the Shredtastic on Friday, September 24th. Please let Michelle know if you can volunteer any time from 10:30 a.m. - 1:00 p.m. There also will be a sign-up sheet at the activities table. Any help is appreciated!

Karaoke

The Karaoke singers are having a great time singing! If you are interested in joining in on the fun, we meet **Fridays from 11:00 a.m.-12:00 p.m.**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Open to the Public <u>Biscuits and Gravy</u> \$2.00 for 1 biscuit, \$4.00 for 2 On Wednesday's only. Serving from 8-10 a.m.</p>  	<p>1</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>2</p> <p>10:00 a.m.-Book Club in the Library (1st Thursday)</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:30 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 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>3</p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p>No Friday Dance</p>
<p>6</p> <p>The Center is closed today. We look forward to seeing you all on Tuesday, the 7th.</p> 	<p>7</p> <p>1:00 p.m. Crafts with Diana Soap Bars \$2.00 (Sign up- Limit of 10)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>8</p> <p>1:00 p.m. Ice Cream with Megan from Care Initiatives Hospice</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>9</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Ping Pong</p>	<p>10</p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>11:00 a.m. Continental Creations Dryer Vent Pumpkin (Sign up- Limit of 15) (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 -11:30 am Blood Pressures- (Mercy) 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p>Featuring "Jerry O'Dell's Country Flavor Band"</p>
<p>13</p> <p>9:30 am Grief Support (2nd Monday)</p> <p>1:00 p.m. Birthday Party (2nd Monday) Hosts: Staff / Volunteers Entertainment: Tai Chi Treat Providers: Continental Springs & Countryside Health Care Center</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced)</p>	<p>14</p> <p>1:00 p.m. Activity with B.A.M Fairy Gardens (Sign up- Limit of 15) (2nd Tuesday)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness</p>	<p>15</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-</p>	<p>16</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving</p>	<p>17</p> <p>9:30 am Trail Blazers meet at Center to head out to LeMars for walk and lunch</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller</p>

<p>11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men’s & Women’s Social Group 1:00 pm Ping Pong</p>	<p>11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring “ Triple Threat” Free Will Donation</i></p>
<p>20</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie “My Friend Irma” 12:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>21 <i>10:00 a.m –1:00 p.m. Hy-Yee Shot Clinic (Bring your Medicare /other insurance card.)</i></p> <p><i>1:00 p.m. Crafts with Diana Gather/Thankful sign - up- Limit of 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>22</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>23</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men’s & Women’s Social Group 1:00 pm Ping Pong</p>	<p>24 <i>11:00 a.m. Continental Creations Sock Gourd (Sign up- Limit of 15) (4th Friday)</i></p> <p><i>Shredtastic 11:00 a.m. –1:00 p.m.</i></p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.– meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance</p> <p style="text-align: center;"><i>Featuring “ Country Brew”</i></p>
<p>27 <i>1:00 p.m. – (4th Monday) Parkinson’s Support Group – In person or by Zoom</i></p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie “Secondhand Lions” 12:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p>28</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p>29</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge –Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p>30</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men’s & Women’s Social Group 1:00 pm Ping Pong</p>	<p style="text-align: center;">Saturday, September 25th Fundraiser Dinner/Dance <i>Sponsored by Paul Zielezinski</i></p> <p style="text-align: center;">Tickets only \$10.00 Dinner begins at 6:00 p.m. Menu: Fried Chicken, cheesy potatoes and coleslaw.</p> <p style="text-align: center;">Dance 7:00 –10:00 p.m. Entertainment by Fiddler Creek</p>

Siouxland Center

for Active Generations

Now serving in the Coffee Shop

Serving from 11:00- 12:30

Carry-out available

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>\$2.00 Biscuits & Gravy</u> Wednesday's only Serving from 8-10 a.m.</p>	<p><u>\$2.00 Waffles</u> Thursday's only Serving from 8-10am</p>	<p>1 Hamburger Steak Mashed Potatoes & Gravy Vegetable</p>	<p>2 Goulash Roll</p>	<p>3 Spaghetti with Meat Sauce Garlic Bread</p>
<p>6  <small>shutterstock · 182652224</small></p>	<p>7 Baked Ham Mashed Potatoes & Gravy Vegetable</p>	<p>8 Meatloaf Mashed Potatoes & Gravy Vegetable</p>	<p>9 Chicken Alfredo Vegetable Garlic Bread</p>	<p>10 Tavern Pasta Salad</p>
<p>13 Coney Dog Potato Salad Pickled Cucumbers & Onions</p>	<p>14 Liver & Onions or Swiss Steak Mashed Potatoes & Gravy Vegetable</p>	<p>15 Oven Fried Chicken Mashed Potatoes Vegetable</p>	<p>16 Chef's Salad Dinner Roll</p>	<p>17 BBQ Ribs Potato Salad Baked Beans</p>
<p>20 Swedish Meatballs Noodles Vegetable</p>	<p>21 Chicken Pot Pie Salad</p>	<p>22 Salisbury Steak Mashed Potatoes & Gravy Vegetable</p>	<p>23 Chicken and Noodles Mashed Potatoes & Gravy Vegetable</p>	<p>24 Chili Dog Potato Salad</p>
<p>27 Shepherd's Pie Salad</p>	<p>28 Beef Stroganoff</p>	<p>29 Spaghetti & Meatballs Tossed Salad Garlic Bread</p>	<p>30 Sloppy Joes Macaroni Salad</p>	<p><u>We now feature several daily breakfast options. Come check us out!</u></p>

Friday Dances

Beginning in September, our dances are scheduled on **every Friday of the month from 1:00-3:30 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.**

- **September 3rd – NO DANCE**
- **September 10th – “Jerry O’Dell’s Country Flavor Band”**
- **September 17th – “Triple Threat”**
Free Will Donation Dance
- **September 24th – “Country Brew”**
- **October 1st – “Ed Tryon”**

Whether you are just listening to the 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 out to **The Heritage of Northern Hills, Countryside 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 for the dances. Lastly, but 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 Michelle to arrange your celebration.

Grief Support Program

No matter where you are in the grieving process, we will be there to reinforce you, encourage you, and help you understand. Let us help you through this difficult time.

- This is a FREE on-going 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 it 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.

Whether your loss was recent or not, feel free to stop in and see what we can offer to you, or what you can offer to others from your experience.

Hy-Vee Shot Clinic

Mardell, with Hy-Vee Pharmacy, will be coming to the Center in September and October to administer vaccines to those who are interested. She will be offering you Covid-19, Flu, Pneumonia, Shingles and Tetanus shots on the two different dates listed below.

Tuesday, September 21st from 10:00 a.m. - 1:00 p.m.

Wednesday, October 6th from 10:00 a.m. - 1:00 p.m.

Please bring your Medicare Card or other insurance/ prescription cards

Saturday Night Dinner/Dance

We are having a Fundraiser **Dinner/Dance on Saturday, September 25th.** (Sponsored by Paul Zielezinski.)

Tickets only \$10.00. Dinner begins at 6:00 p.m.

Menu: Fried Chicken, cheesy potatoes, and coleslaw.

Dance Time: 7:00 to 10:00 p.m.

(Entertainment is Fiddler Creek)

Stop for a fun night and enjoy a meal and dance; and help support the Center. Hope to see you here!

Dinner Volunteers Needed

We are looking for 5 volunteers for the **Dinner/ Dance on Saturday September 25th from 5:00-7:00 p.m.**

Please let Michelle know if you can volunteer.

There also will be a sign-up sheet at the activities table.

Any help is appreciated! Volunteers will receive a complementary meal and dance.

Welcome to the Library

Some of the new additions we have are “The Saboteurs” by Clive Cussler, “Half Moon Bay” by Jonathan & Jesse Kellerman, “Grudge Match”, by Mike Lupica and “Go West Young Man”, by William W. Johnstone. We also have about 6 new books by Danielle Steel.

Our Book Club will meet on **Thursday, September 2nd at 10:00 a.m. in the library.** We will be reading “**The Murder of Roger Ackroyd**”, by Agatha Christie. Our book in October is “Mrs. Lincoln’s Sister”, by Jennifer Chiaverinia. Please join us; even if you haven't read the book.

See you at the library - Helen Eriksen

Genealogy Class

Genealogy the **2nd Friday each month from 10:30 - 11:30 a.m.** The topic for the **Friday, September 10th class, is “101 best Genealogy Websites”.**

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 the 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.



September 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:

- Sept. 7th Write about our Rights in our Constitution!
- Sept. 14th ... How Can We Promote Peace?
- Sept. 21st Write About Grandparents Day!
- Sept. 28th ... Write About a Human Interest Story!

FACTS ABOUT THE MONTH OF SEPTEMBER

1. September has 2 star signs, Virgo and Libra
2. September will see Summer change to Autumn.
3. September will celebrate Grandparents Day!
4. September see the Jewish Holiday Day--Rosh Hashanah
5. September is spelled with the most letters--there are
6. 9 letters and it is the 9th month of the year.

WELCOME SEPTEMBER

New month, new chapter, new page, and new wishes. May the month give you courage, strength, confidence, patience

Self-love and inner peace. May everyday in September fillyour days with hope, love and let there be laughter. (www.beautiful quotes)

QUOTES FOR SEPTEMBER

1. I love September, especially when we're in it. (Willie Stargell)
2. September tries its best to have us forget summer. (Williams)
3. Its a long, long while from May to December / But the days grow short when you reach September. (Maxwell Anderson)
4. Make it a September to Remember! (Unknown)

- Alice Reeg, Creative Writing

Penny Bingo

B-I-N-G-O is the name of the game.

I am glad to see some of our older Bingo members returning to play Bingo. Keep coming. We have room.

Our new Tuesday Blackout Special is doing very well. You have to come see what is next. Thanks to our Bingo players there are always snacks to enjoy while playing Bingo.

We play **9:00 a.m.-11:30 a.m. and 12:30 p.m.-2:30 p.m. on Tuesdays and Thursdays.** You will have a good time for only 1 cent per card up to 6 cards. We also play 2 paper card games. One game is during the morning, and one during the afternoon

We are a friendly group and invite you to come join us, see old friends, or make new ones and have fun!

You won't regret it. - Lola Balstad



Whose Shoes Could I Fill

Donnette Hatch

I cannot fill my mother's shoes,
My feet are much too small.
My father's shoes are much too big.
For he was very tall.

A famous person would be fun,
Actress? Author? Let me see,
A talk show host or baseball great?
Never. No, that's just not me.

So many things I would not change,
These slippers are my own.

So many things I would not change,
These slippers are my own.
I'll do the best I can through life,
And fill them all alone.

Coloring Corner

Are you ready to experience a great form of therapy...coloring? Many of us have heard (and many of us have experienced) how coloring can help us relax. The simple act of coloring a picture can be quite beneficial in relieving stress and anxiety. Don't take our word for it; join us for a little relaxation and fun! Join your friends, in the Classroom at the Center, on **Wednesdays at 1:00 p.m.** Good times guaranteed!



ALT TREE SERVICE Quality Work - Satisfaction Guaranteed	• Tree Trimming
	• Tree Removal
Zach 712-251-6816	• Stump Removal
	• Storm Clean-up
	• Firewood
	• Insured

R. PRESCOTT & SONS	
Plumbing & Heating Co.	
Commercial & Residential	Repairing
NO JOB TOO SMALL	
NO JOB TOO LARGE	276-7014

FOULK BROS.
PLUMBING AND HEATING, INC.
322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

Beginning Tai Chi Class

The Beginning Tai Chi class is a progressive class. That means that each class builds on the skills learned in the previous class. Because of this progression, it can be a challenge for new students to jump in at any time, and tough for current students to move forward while trying to help new students catch up. Although we would like you to join anytime you can start, we want you to know that because of this progressive activity cycle, you will need to start at the beginning to get the full benefits.

Members are invited to join the next Beginning Tai Chi class sessions starting on September 7th at 10:00 a.m.

Painting Classes

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

Ron guides you through painting class including:

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



Congratulations to our member, Judy Zoeller, for winning the Grand Champion for her painting at the Plymouth County Fair!

AMERICAN MAH JONGG IS BACK AT THE CENTER

You are invited to join us for an introduction to a fascinating centuries old game- American Mah Jongg.

When can I check out this game? You can check out Mah Jongg any **Thursday between 12:30 and 2:30 p.m.**

Where is the game room? It is the classroom between the gift shop and the library.

Who plays Mah Jongg? Girls and boys, women and men play Mah Jongg.

What is Mah Jongg? Mah Jongg or Mahj, as it is often called, is a fascinating, rummy-like game played with tiles, rather than cards. It is thought to be a variant of early card games.

The American version we play and love did originate in China and was popularized in the United States around 1920. Today there are millions of dedicated Mah Jongg players throughout the world. A small amount of time, attention, and effort is required to master the elementary principles of the game. We will teach you to play Mah Jongg. This is a great game for keeping the brain cells functioning and is a fun game!

There is a game set for use at the Siouxland Center for Active Generations. A copy of a game card will be made available to you during introductory play. When you decide to transition to the table as a player, a \$9 official 2021 card will need to be purchased from the National Mah Jongg League. The card can be ordered for you.

Remember we will teach you to play Mah Jongg. We are looking forward to introducing you to the fun and fascinating game of Mah Jongg!

SUTER

C.W. SUTER SERVICES

Service that Suits You!

Heating & Cooling

Duct Cleaning

We Service All Makes

FREE Estimates

24 Hour Service

LENNOX

Call 252-3007 or visit us online at 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 Siouxland 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.'

Medicare Benefits Available at the Center

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

Medicare Supplement and Advantage Plan Questions

Bruce Hunkins

Independent Insurance Agent

Specializing in Medicare Advantage & Supplement plans

402-709-7314 • bahunkins@yahoo.com

See Bruce Hunkins Tuesdays

10:30 - 11:30 a.m.

Next to the Coffee Shop

Siouxland Center for Active Generations

Tatting 101

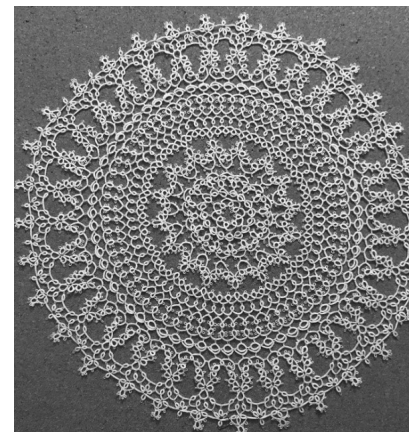
Do you want to learn something new and interesting? We have a beginning Shuttle Tatting class that meets here on **Wednesdays at 12:30 p.m.**

Georgia Dohrman, our instructor for this class will have a tatting shuttle and two #5 threads available for purchase for \$10.00. All you will need to bring is a small 9-12 crochet hook.

Tatting with a shuttle is a beautiful way of making lacy fabric that's been around for hundreds of years. Georgia will teach you the stitch and once your tatted lace is complete then you will make a bookmark to display it on.

If you enjoy crochet, knitting, embroidery, and sewing, then there's a good chance that you'll enjoy tatting. In particular, if you like thread crochet, you'll find tatting enjoyable. Tatting is used to create lace edgings and doilies that are very similar to those in crochet.

If you are interested in attending, please feel free to join us on Wednesday, at 12:30 in the large game room, aka the Bingo room.



Look at this amazing lace doily that Georgia made!

Centerstage 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 and 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.

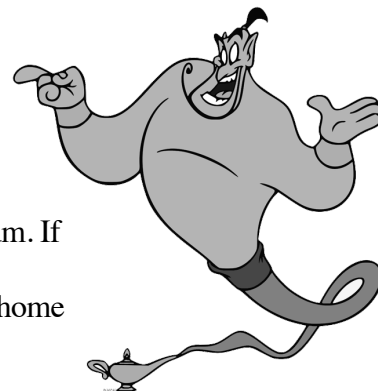
SilverSneakers Classic Fitness Program

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 everyday.

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

WISH LIST

- Vanilla ice cream cups needed for birthday party.
- You! Our Center needs volunteers to help facilitate events & programs.
- Volunteers to lead/plan ethnic meals- Yes -Mediterranean, Scandinavian, English, German-all welcome. Here's a time to wave your heritage flag.
- Spread the word to your friends. There's still a lot to do at our center or lead a program. If each member asks a friend to join, we will meet our membership goals.
- Donate to the Gift shop - it helps keep us going. Clean, small appliances, dishware, home décor.
- Summer/Fall Colored Table Clothes, and always red, white, and blue.



SEPTEMBER BIRTHDAYS

Bridget	Roger Friessen	Valerie Lockwood	Bob Swanson
Agriopoulos	Virginia Gries	Sue Mace	Diane Taylor
Theresa Ann	Lucien Hamernik	Dean Marsh	Anita Tevis
Ambrose	Rose Heeren	Don McCulley	Orville Thiele
Ida Mae Backhaus	Mavis Holman	Nancy Means	Leo Thornton
Jacque Brentlinger	Normagene	Rhonda Menin	Emerita Topete
Joann Breyfogle	Hughes	Vivian Miller	Craig Tordsen
Nancy Bricker	Miriam Jensen	Eileen Mitchem	Teresa Valdez
Ron Chapman	Pamela Johnson	Don Nieuwendorp	Roberta
Susan Danilson	Bob Johnson	Kathy Noble	Vanderlinden
Delores	Nancy Kelly	Jeannette Palma	Dorothy
Disterhaupt	DuRetta Kelly	Madeline Prescott	Vanderweil
Audrey Ercolini	Dorinda	Judy Ramirez	Lois Walsh
Sonja Kay	Klapprodt	Alice Ann Reeg	Richard Waskow
Erickson	Daniel Kohn	Ray Sanders	Kathy Watkins
Helen Eriksen	Mindy Krause	Tom Schoening	Jennifer Wilson
Billie Erskine	Robert Lee	Mary Jane	Brian Wohler
Chrissy Fahey	Linda Lees	Shanahan	
William Flory	Mariann Leisinger	Terry Joe Smith	
Joyce Foster	Ellen Livingston	Sharon Strom	

Knitting and Crocheting / Open Craft Time

Learning a new craft can be exciting, especially when dreaming about all the inspiring projects you can make. But once you get started, seeing your result is even better!

Do you like to learn new things? Do you like crafts, knitting, or crocheting? Do you like to socialize, meet new friends, and have fun? Well then look no further. We invite you to join us. We welcome new members and look forward to meeting new friends! **Stop by Knitting or Crocheting on Mondays at 10:00 a.m. and Open Craft Time on Fridays at 12:30 p.m.**

NEW MEMBERS

DENISE EVANS

GREG JENSEN

MIRIAM JENSEN

RODNEY KLEINWOLTERINK

SUZANNE KOFKA

BARBARA NOTTO

JOHN SHERRMAN

GERALD TAYLOR

WE REMEMBER

DARLENE STUSSE

MEMORIALS

For: Alice Gross

from: Siouxland Duplicate
Bridge Group

Ping-Pong

We would love for you to join us for Ping-Pong and a whole lot of fun. If you played Ping-Pong before, your skills will come back to you.

Health benefits of Ping-Pong: memory is increased, better mood, improved cardiovascular system, overall fitness, eye-hand coordination, enhanced concentration, and calories burned. There are lots of good reasons to join us.


We meet on Tuesday and Thursday 1:00 -2:30 p.m.

STRUGGLING TO PAY YOUR RENT?

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

www.sioux-city.org/services

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



Body & Frame
Repair

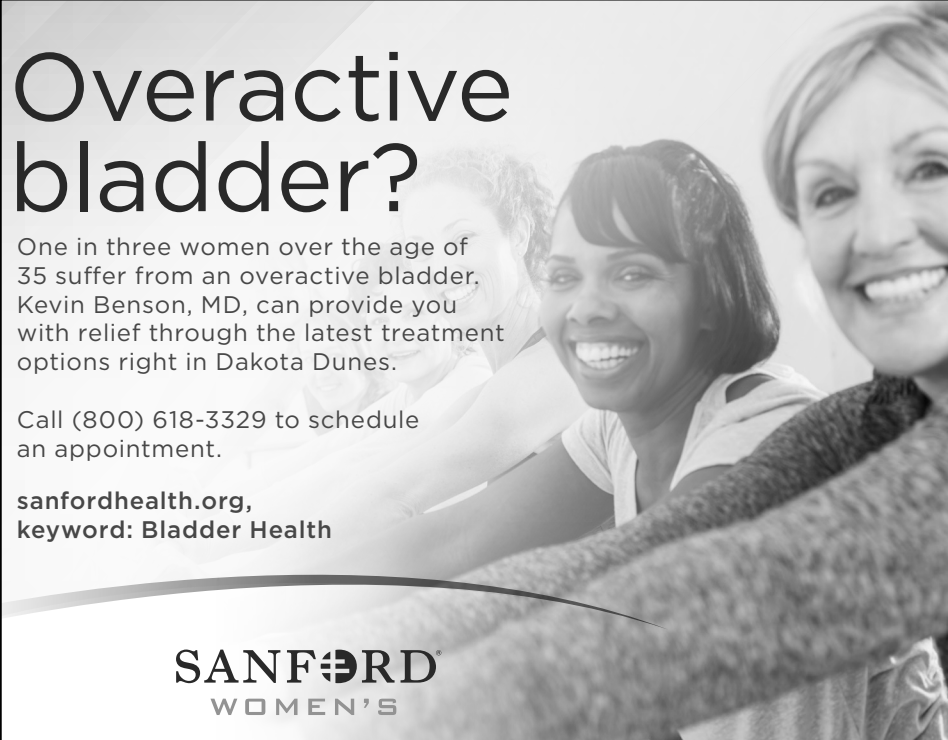
501 West 8th St.
(712) 255-7172

Overactive bladder?

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

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

sanfordhealth.org,
keyword: Bladder Health



SANFORD
WOMEN'S

001-00783 Rev. 9/19

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 Antiques
 Booths Available Furniture

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
 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

July

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

Dollar Per Day Club

Gene Andersen	Barney Pottebaum	Judy Peters
Andrea & Mark Rathgeber	CNOS-Nolan Lubarski	Emily Kowalski
Paul Gregory	Tom & Deanna Jacobs	Marc & Ellen Christofferson
Diana Howard	Judy Seaman	Paul Zielezinski
Fouk Plumbing	Joe Donovan	First Premier Bank
	Joel Jarman	Dorine Levine