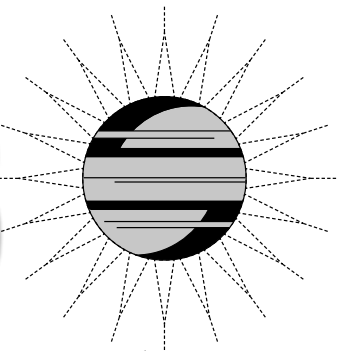


# NOVEMBER 2023 SUNSHINE

# NEWS



Telephone  
712-255-1729

Number  
539

Published  
Monthly



*Our mission is to enrich the quality of life and support independence and vitality for our members.*

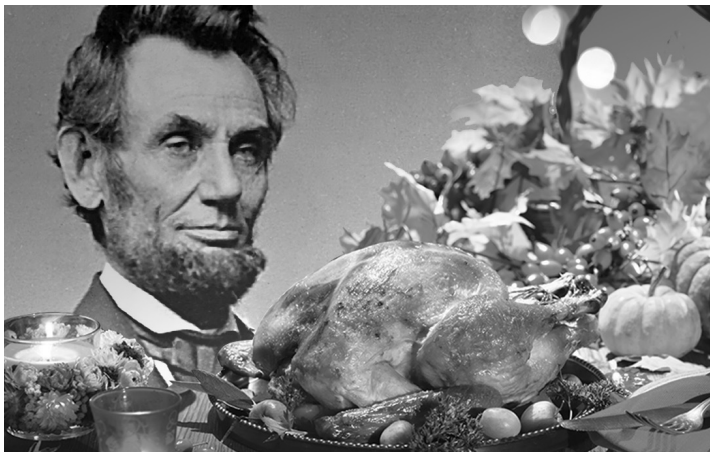
*Siouxland Center for Active Generations strives to be the foremost provider of diversified and affordable programs and services to help adults stay active, informed, and involved. This is done by meeting the recreational, educational, and social needs of our members in an environment which is fun, safe, inclusive, and courteous for all.*

**Siouxland Center**  
*for Active Generations*

## THE AMERICAN THANKSGIVING

In a scant four weeks we'll once again celebrate one of our national holidays. While turkey and sweet potatoes may seem like uniquely American customs, the truth is our Thanksgiving is just one of the latest iterations of harvest festival celebrations. Going back to the ancient civilizations of the Greeks, Hebrews, Romans, Chinese and Egyptians, many cultures have marked the end of the growing season with a harvest celebration.

For those of us who attended schools in the 1940's, 50's and 60's, we were taught about the first American Thanksgiving taking place between the Pilgrims and Indians in 1621. In actuality earlier celebrations were held by Native Americans and one between the Indians and settlers occurred in 1610 in the Jamestown colony. AND, not all of the early American Thanksgiving celebrations were designated as times of feasting and thanksgiving for bountiful harvests. Our first president, George Washington declared a Day of Thanksgiving for the happy end to the War of Independence. It was not until 1863 that President Abraham Lincoln officially declared the last Thursday in November as a day of Thanksgiving. With the Battle of Gettysburg recently completed and with recognition of the terrible toll the Civil War was taking upon our country, Lincoln declared a Day of Thanksgiving to reach out to the Almighty in penitence for our waywardness, to ask for His comfort and care for the widows and orphans as well as to ask for a restoration of fraternal peace and restoration of the Union. (Needless to say, the Southern states didn't jump on this bandwagon!)



Thanksgiving continued to be celebrated sporadically in different parts of the nation with those who celebrated doing so on the last Thursday of November. President Franklin Roosevelt, in order to stimulate sales and economic growth at the end of the Great Depression, decreed in 1939 that Thanksgiving be moved to the 4th Thursday of November. It wasn't until 1941 that Congress acted and formally declared the 4th Thursday as Thanksgiving for our country.

While our memories of Thanksgivings have undoubtedly included family-oriented celebrations, as our society has evolved, the close knit families and communities of our childhood have often given way to a greater distance between family members rendering the traditional Thanksgiving celebration with family something that is often difficult to achieve.

In recent years, a variant of Thanksgiving called "Friendsgiving" has popped up. As an alternative to a traditional Thanksgiving or as an additional opportunity to celebrate with friends and acquaintances, a Friendsgiving celebration allows all who are interested the opportunity to gather and share memories and friendships with those we have come in contact with during the year.

**The Siouxland Center for Active Generations will host a Friendsgiving luncheon on Thursday November 16 at the Center.** The menu will include Thanksgiving favorites of turkey, mashed potatoes and gravy, sweet potatoes, dressing and green bean casserole. A variety of pies will be served for dessert. Serving will begin at 11:00. Tickets are required and will cost \$10.00. Tickets may be purchased at the front desk. We hope you'll be able to join us for this great meal with your good friends at the Center.

### FRIENDSGIVING LUNCHEON

**Thursday November 16 at 11:00**  
**Advance Tickets Required**  
**Cost: \$10 Come join us!**

# 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 - Thursday  
8 a.m. - 2:30 p.m.  
Friday  
8 a.m. - 3:30 p.m.

[www.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com)

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Annual Dues — \$52 per Person

Contact us about advertising  
in the Sunshine News

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

## Meet a Member: Sandy Oberman



Sandy grew up in eastern Iowa and attended grade school in the small community of Danville. She graduated high school in West Branch, Iowa located just east of Iowa City. Sandy spent the early years of her adult life employed as a secretary, administrative assistant, working in a department store and as a barista. When Sandy was 40, she was blessed with the birth of her only child, a daughter, and views it as a miracle given the medical opinions she had received earlier in life. Not wanting to waste this opportunity, Sandy devoted much of her time between her jobs to homeschooling her daughter.

Sandy has enjoyed many activities at the Center since she joined in 2022. They include Tai Chi, Fitness Logic with Lee, Exercises with Dee, the Fall Follies, Self Defense, OT with Robyn, TOPS, and a variety of other special events. Away from the Center, Sandy is involved in Bible Study in her church and assists with Bountiful Baskets that provides fresh fruit, vegetables and more at reduced prices. Sandy suggests staying active even if it is in small increments of time at every age and stage of life.

## Volunteer Brunch

The Siouxland Center for Active Generations will be honoring members who have volunteered in a wide variety of capacities at the Center over the past year with a volunteer brunch this month. Performing at the brunch will be the Irish band the Shamrocks. From toe-tapping jigs to soulful ballads, the Shamrocks' music will transport listeners to the rolling green hills and vibrant pub scene of Ireland. Members who have logged at least four volunteer hours into the computer in the past year should have received an invitation over the phone. If you feel that you fall into this category but did not receive an invitation, please see the front desk. Tickets for guests or other attendees are \$10 and can be purchased at the front desk.

**Monday, November 6, 10 a.m. in the Multipurpose Room.**

## Fabric Artist Amanda Browder to Hold Public Sewing Day at the Center

Artist Amanda Browder will be back for another public sewing day at the Siouxland Center for Active Generations. You are invited to take part in creating the giant fabric sculpture that will be draped over the Sioux City Art Center building during Art Splash 2024. Amanda will be working with members of the Sioux City community to construct the project through the next year. According to the Art Center's website, "The resulting piece will display the work and process of creating a large-scale textile installation, but, even more importantly, it will represent the diverse community that built the piece."

**Wednesday, November 8, 11 a.m. to 2:30 p.m. in the Conference Room.**



# Square Dancing Class to Perform at the November Birthday Party

In honor of our members born in November, our square dancing class, led by licensed square dancing instructor Elaine Peacock, will perform at this month's birthday party. The class began this year and has been an enjoyable experience for our members who have participated. Please join us to watch them show off all of their moves. Thank you to Medigold for sponsoring the birthday cake.

**Monday, November 13, 1 p.m. in the Multipurpose Room**



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## Hospice of Siouxland Veterans Lunch

Hospice of Siouxland will be honoring veterans with a free lunch to all veterans and their loved ones on **Wednesday, November 8, 11 a.m. to 1 p.m.** There will be a program at 11:30 a.m. Hospice of Siouxland is located in the same building as the Siouxland Center for Active Generations at 309 Cook St.



# THANK YOU VETERANS



## 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       | Diane McKernon         | Mary & Linda Madden |
| Sandi Kimpson    | Vikki Jacobs           | Vivian Miller       |
| John Patterson   | Ann Mrla               | Kathy Fischr        |
| Rose Nylén       | Deanna Jacobs          | Shelly Gagnon       |
| Normagene Hughes | Eveylyn Thompson       | Scott Younie        |
| Mary Marx        | Mary Underwood         | Mary Sorenson       |
| Marlis Friesner  | Mark Lenz              | T. Massey           |
| Elain Waskow     | Sally Kimball          | Bruce Hunkins       |
| Yvonne Thallas   | Wayne Burnham          | Dan Demarest        |
| Audrey Escolini  | Jo Haushall            | Vivian Miller       |
| Karen Balstad    | Gary and Sharon Massey | Jeff Zoelle         |
| Jane Hunkins     | Carol Kelzer           | Diana Howard        |
| Lila Henke       |                        |                     |

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

Bickford Assisted Living  
Meyer Brothers Funeral Home

## Men's Pelvic Floor Class with Physical Therapist Jane Stanley



Did you know that Kegel exercises are also beneficial to men? Men's pelvic floor muscles support the bladder and bowel and affect sexual function, so it is important to keep them in good shape. Many factors can weaken your pelvic floor muscles, including the surgical removal of the prostate (radical prostatectomy) and conditions such as diabetes and an overactive bladder.

You might benefit from doing Kegel exercises if you have urinary or fecal incontinence or if you dribble after urination, usually after you've left the toilet. Jane Stanley from Integration Physical Therapy will be back to teach a pelvic floor class especially for men, teaching you how to identify the correct muscles and how to properly exercise them.

**Tuesday, November 7, 9:00 a.m. in the Classroom.**

## Ray Kashas Plays a Perfect Cribbage Game

On September 21, Ray Kashas got 29 points, a perfect hand, in a game of Cribbage. He's been playing for Cribbage for six years and has never seen anyone get a perfect hand before. According to the American Cribbage Congress' website the odds of getting a perfect hand in a game are 216,580 to 1! Getting a perfect hand requires holding three 5s and a Jack, with the Jack being of a different suit than any of the three 5s. The starter card turned must then be the fourth 5 and being the same suit as the held Jack, which makes the hand count 29. Congratulations to Ray! If you'd like to try your luck at Cribbage, you can find the group in the Meeting Room on Thursdays at noon.



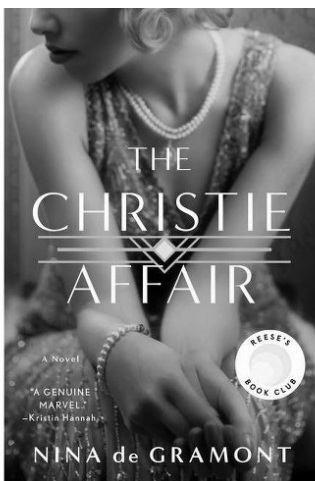
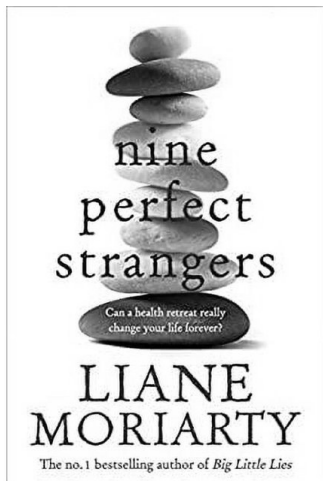
## BRIDGE NEWS

The good news this month is that everyone is healthy. Nearby tournaments are over now, so we won't be around quite so many people. Our games and classes at the Center are drawing good numbers of players. Diana Howard's Monday morning class will be online for a few months. Leon Koster's Thursday morning class will continue at the Center. It's good to see so many of his students playing in the Wednesday morning novice game. New players are always welcome.



## Book Discussion Group

November's book selection is *Nine Perfect Strangers* by Liane Moriarty.



Gathering at a remote health resort for a 10-day fitness program, nine strangers and their enigmatic host become subjects of interest to a brokenhearted novelist who develops uncomfortable doubts about the resort's real agenda.

December's book selection is *The Christie Affair* by Nina de Gramont.

An intriguing take on Agatha Christie's famous 11-day disappearance. In a Christie-esque mystery subplot, Nan manipulates Agatha's husband to leave her so that Nan can step in, but her plans go further. Interspersed within the timeline of Agatha's disappearance is Nan's retelling of her own tragic background.

**The Book Discussion Group meets the first Thursday of the month at 10 a.m. in the Library.**

## Hot Cocoa with Hospice of Siouxland

Our neighbor and corporate sponsor, Hospice of Siouxland, will be treating us to hot cocoa at the jam session on **Wednesday, November 15 from 10-12 in the Multipurpose Room**. Come and find out all about the services they offer. They'll be happy to answer your questions and give you more information.



## Christmas Craft with Bickford

Our friends from Bickford Assisted Living and Memory Care, Deb and Diane, will be bringing supplies to make a fun Christmas craft. Please sign up in the Activities Book if you would like to participate. Space will be limited to ten people.

**Tuesday, November 14, 1 p.m. in the Dining Room**



Hospice of Siouxland *Siouxland Palliative Care*

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# November Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of November 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! Faith Cosier, Membership Coordinator

- |                    |                 |                        |                       |                   |
|--------------------|-----------------|------------------------|-----------------------|-------------------|
| Mary Abraham       | Lynn Doxtad     | Holly King             | Carol Perrin          | Ruth Snyder       |
| Ralph Arndt        | Violet Duncan   | Elizabeth Mae Kosinski | Lorraine Pfothenhauer | Darlene Solomon   |
| Jen Barnes         | Sue Fey         | Sandra Kuntz           | Tim Pickinpaugh       | Richard Solomon   |
| Dianne Bertrand    | Frank Gilbert   | Mark Lenz              | Jill Pickinpaugh      | Phyllis Jean Todd |
| Ken Biggerstaff    | Gerri Gill      | Dee Lillie             | George Polak          | Donna Vitzthum    |
| Jackie Biggerstaff | Sandra Graser   | Gail Linke             | Jane Pollard          | Terry Vitzthum    |
| James Brownlee     | Cathy Greiner   | Neil Magnusson         | Vicki Porter          | Sharyn Volk       |
| Lois Brownlee      | Nadine Holst    | Rosanne Mc Nertney     | Linda Post            | Lynn Walsh        |
| Robert Burwell Jr  | Don Horsted     | Arlene Milbrodt        | Daniel Poston         | Ralph Webb        |
| Joan Carney        | Patty Houlihan  | Martha Milhan          | Joan Ratley           | Jeanette Wendt    |
| Dan Chapman        | Rosanne Janssen | Edward Moran III       | Jean Rea              | Dianne Wickstrom  |
| Mary Cummings      | Daniel Janssen  | Donald Morley          | Kay Reynolds          | Mary Ann Younie   |
| Susan Danilson     | Julia Johnson   | Don Nieuwendorp        | Debra Rosenow         | Scott Younie      |
| Linda Lee Deabler  | Roma Johnson    | Janice Painter         | Beth Rozeboom         | Lois Zunker       |
| Vivian Derochie    | Candy Johnson   | Alfred Patocka         | Robin Schroeder       |                   |
| Jannette Domayer   | Marsha Kelly    | John Patterson         | Dennis Lee Smith      |                   |

## Friday Dances

Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see our front desk.

- November 3: Country Flavor**
- November 10: 4 on the Road**
- November 17: The Embers**
- November 24: Center closed for Thanksgiving Break**



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# 10 Security Tips for Today's Internet User



In this interconnected world, where we rely on the internet for everything from banking to shopping, our personal information is constantly at risk. Just as we lock our doors to protect our homes, we must fortify our digital lives with robust security measures to keep the virtual wolves at bay.

## 1. Use strong passwords.

Strong passwords are important because they help prevent unauthorized access to personal information and accounts. This is especially important for accounts containing sensitive information, such as financial email and social media accounts.

## 2. Guard your personal information especially if doing online shopping and online banking.

Think before giving out your personal information online, especially if the website or email asking for your information was unsolicited by you. Pop-up ads and scam emails are often disguised as something that seems legitimate — such as a notification to update your security software — to lure you into giving away personal information.

## 3. It's always a good idea to install reputable internet security software.

Only purchase recognized computer security software. Once you have your software installed, keep it up to date.

## 4. Use privacy settings if using social media like Facebook and telehealth websites.

You can change your privacy settings on Facebook and other social media sites to control who can see your posts. If you leave your settings in public mode, anyone can see your posts' statuses and the photos you share. To ensure that only the people you trust can see your posts, change your settings so that only the friends you have connected with can see what you share online.

## 5. It's a good idea to not post personal information on social media websites.

Even if you have restrictive online privacy settings, avoiding overly personal posts on social media is still a good idea, especially anything that contains addresses or phone numbers. If you're going on vacation, don't share the dates of your trip on social media, and wait until you get home to post photos online. Burglars can use social media to target out-of-towners and find their next victims.

## 6. It's very important to think before opening an email attachment.

Attachments in emails can contain harmful viruses that could potentially infect your computer. Don't open any attachments that seem suspicious or come from a sender you don't know. It only takes seconds to infect your computer after opening an infected attachment. Once the virus is on your computer, a scammer could access all personal information saved on it.

## 7. Always a good idea to set up 2-step authentication.

Most email providers and social media sites allow you to set up two-step authentication, which means you must go through an extra security step to access your accounts.

## 8. Back up photos that are important.

Back up the photos from your smartphone onto your computer so you don't lose them forever if something happens to your phone. To do this, plug your USB connector into your computer and connect the other end to your phone. Follow the prompts on your computer after it is plugged in.

## 9. If doing online banking, monitor those accounts on a regular basis.

Periodically check your bank statements to ensure you aren't getting charged for purchases you haven't authorized. Debit cards may not have the same protections as some credit cards (they may not monitor unusual purchases), so keep tabs on when and where you make purchases to spot suspicious online activity quickly.

## 10. Be patient with yourself! Everyone finds it difficult and frustrating at times to learn how to use and navigate the computer. You're not alone if you do get frustrated!

*Stephen Vanderburgh*

|  |   |   |   |  |
|--|---|---|---|--|
| <p>8:15 am Walking Exercise<br/>9:00 am Senior Yoga (CD)<br/>9:30 am Cornhole<br/>10:00 am Knitting &amp; Crocheting<br/>10:00 am Tai Chi (Advanced)<br/>11:00 am-12:30 pm <b>Coffee Shop Lunch</b><br/>11:30 am Woodcarving<br/>12:00 pm Pinochle<br/>12:00 pm Bridge-Duplicate</p>   | <p>9:30 am Bible Study<br/>10:00 am Beginner Canasta Lessons<br/>10:00 am Creative Writing<br/>10:00 am Tai Chi (Beginning)<br/>10:30 am SilverSneakers Classic Fitness<br/>11:00 am Belly Dancing<br/>11:00 am Mah Jongg (experienced players)<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Jazz Dancercise<br/>11:30 am Mexican Train<br/>11:30 am Unlucky 7 Dice Game<br/>12:30 pm Penny Bingo<br/>12:30 pm Tap Dance<br/>1:00 pm Painting Class, Ping Pong</p>   | <p>9:00 am Painting Class<br/>10:00 am Chess<br/>10:00 am Wii Bowling<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session -<b>\$1.00</b> Guests<br/>11:00 am Choir Practice<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Phase 10<br/>12:00 pm 500 Card Club<br/>12:00 pm Bridge -Men<br/>1:00 pm Coloring Corner</p>   | <p>9:00 am SilverSneakers Classic Fitness<br/>9:00 am Beginner Bridge<br/>10:00 am Line Dance (Intermediate)<br/>10:00 am Canasta<br/>11:00 am Line Dance (Advanced)<br/>11:00 am Mah Jongg (beginner lessons offered)<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Woodcarving<br/>12:00 pm Cribbage<br/>12:00 pm Open Bridge<br/>12:30 pm Penny Bingo<br/>1:00 pm Ping Pong<br/>1:00 pm Social Group</p>   | <p>12:00 pm Bunco-\$1 entry<br/>12:00 pm 500 Card Club<br/>12:00 pm Card/ Board Game Group-Misc<br/>12:30 pm Open Craft Time<br/>1:00-3:30 pm Friday Dance</p> <p><i>Featuring<br/>The Embers</i></p>  |
| <p>20<br/><b>12-1 pm Team Trivia</b></p> <p>8:15 am Walking Exercise<br/>9:00 am Senior Yoga (CD)<br/>9:30 am Cornhole<br/>10:00 am Knitting &amp; Crocheting<br/>10:00 am Tai Chi (Advanced)<br/>11:00 am Azria Balance Class<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Woodcarving<br/>12:00 pm Bunco-\$1 entry<br/>12:00 pm Pinochle<br/>12:00 pm Bridge-Duplicate</p>  | <p>21<br/>9:00 am Fitness Logic with Lee<br/>9:00 am Penny Bingo<br/>9:00 am Rock Steady Boxing (Fee)<br/>9:30 am Painting Class<br/>9:30 am Bible Study<br/>10:00 am Beginner Canasta Lessons<br/>10:00 am Creative Writing<br/>10:00 am Tai Chi (Beginning)<br/>10:30 am SilverSneakers Classic Fitness<br/>11:00 am Belly Dancing<br/>11:00 am Mah Jongg (experienced players)<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Jazz Dancercise<br/>11:30 am Mexican Train<br/>11:30 am Unlucky 7 Dice Game<br/>12:30 pm Penny Bingo, Gladys as caller<br/>12:30 pm Tap Dance<br/>1:00 pm Painting Class<br/>1:00 pm Ping Pong</p>  | <p>22<br/><b>9 am Buy, Eat, Live Healthy Nutrition Class</b></p> <p>8:00 am-9:30 am Biscuits and Gravy<br/>8:15 am Walking Exercise<br/>9:00 am Yoga w/Dixie<br/>9:00 am Duplicate Bridge<br/>9:30 am Painting Class<br/>10:00 am Chess<br/>10:00 am Wii Bowling<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session -<b>\$1.00</b> Guests<br/>11:00 am Choir Practice<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Phase 10<br/>12:00 pm 500 Card Club<br/>12:00 pm Bridge -Men<br/>1:00 pm Coloring Corner</p>                          | <p>23<br/><b>Closed for Thanksgiving</b></p>    | <p>24<br/><b>Center closed for Thanksgiving break</b></p>    |
| <p>27<br/>9:30 am <b>Grief Support Group (4th Monday)</b></p> <p><b>1 pm Parkinson's Support Group (4th Monday)</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>8:15 am Walking Exercise<br/>9:00 am Senior Yoga (CD)<br/>9:30 am Cornhole<br/>10:00 am Knitting &amp; Crocheting<br/>10:00 am Tai Chi (Advanced)<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Woodcarving<br/>12:00 pm Pinochle<br/>12:00 pm Bridge-Duplicate</p> | <p>28<br/><b>12 pm Alzheimer's Support Group (4th Tuesday)</b></p> <p><b>1-3 pm Live Jukebox Dance Party with Country Brew</b></p> <p>9:00 am Fitness Logic with Lee<br/>9:00 am Penny Bingo<br/>9:00 am Rock Steady Boxing (Fee)<br/>9:30 am Painting Class<br/>9:30 am Bible Study<br/>10:00 am Beginner Canasta Lessons<br/>10:00 am Creative Writing<br/>10:00 am Tai Chi (Beginning)<br/>10:30 am SilverSneakers Classic Fitness<br/>11:00 am Belly Dancing<br/>11:00 am Mah Jongg (experienced players)<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Jazz Dancercise<br/>11:30 am Mexican Train<br/>11:30 am Unlucky 7 Dice Game<br/>12:30 pm Penny Bingo<br/>12:30 pm Tap dancing<br/>1:00 pm Painting Class, Ping Pong</p> | <p>29<br/>8:00 am-9:30 am Biscuits and Gravy<br/>8:15 am Walking Exercise<br/>9:00 am Yoga w/Dixie<br/>9:00 am Duplicate Bridge<br/>9:30 am Painting Class<br/>10:00 am Chess<br/>10:00 am Wii Bowling<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session -<b>\$1.00</b> Guests<br/>11:00 am Choir Practice<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Phase 10<br/>12:00 pm 500 Card Club<br/>12:00 pm Bridge -Men<br/>1:00 pm Coloring Corner</p>  | <p>30<br/><b>1 pm Karaoke on the stage</b></p> <p>9:00 am Penny Bingo<br/>9:00 am Tattling<br/>9:00 am Rock Steady Boxing (Fee)<br/>9:00 am Bellydancing<br/>9:00 am Line Dance, Registration Req.<br/>9:00 am SilverSneakers Classic Fitness<br/>9:00 am Beginner Bridge<br/>10:00 am Line Dance (Intermediate)<br/>10:00 am Canasta<br/>11:00 am Line Dance (Advanced)<br/>11:00 am Mah Jongg (beginner lessons offered)<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Woodcarving<br/>12:00 pm Cribbage<br/>12:00 pm Open Bridge<br/>12:30 pm Penny Bingo<br/>1:00 pm Ping Pong<br/>1:00 pm Social Group</p> | <p>1<br/>9:00 am Fitness with Dixie<br/>10:00 am Chair Yoga with Kaye<br/>10:00 am T.O.P.S. meeting (Take-Off Pounds Sensibly)<br/>11:00 am Karaoke<br/>11:00 am-12:30 pm <b>Coffee Shop lunch</b><br/>11:30 am Open Bridge Group<br/>11:30 am Mixed Media Art Class/ Vivian Miller<br/>12:00 pm Bunco-\$1 entry<br/>12:00 pm 500 Card Club<br/>12:00 pm Card/ Board Game Group-Misc<br/>12:30 pm Open Craft Time<br/>1:00-3:30 pm Friday Dance</p> <p><i>Featuring<br/>Country Flavor</i></p> |

# November 2023

Questions? Call (712) 255-1729 OPEN: Monday–Thursday 8 a.m. – 2:30 p.m. Friday 8:00 a.m. – 3:30 p.m.  
Schedules subject to change

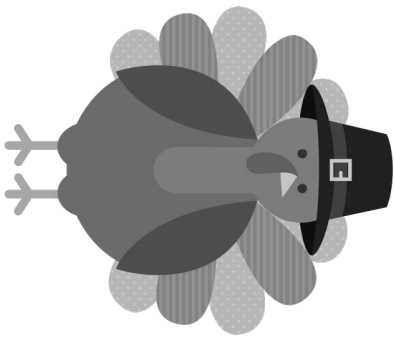
Monday

Tuesday

Wednesday

Thursday


Friday



**1**

**9 am Buy, Eat, Live Healthy Nutrition Class**

8:00 am-9:30 am Biscuits and Gravy  
8:15 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am Duplicate Bridge  
9:30 am Painting Class  
10:00 am Chess  
10:00 am Wii Bowling  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -**\$1.00** Guests  
11:00 am Choir Practice  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Phase 10  
12:00 pm 500 Card Club  
12:00 pm Bridge –Men  
1:00 pm Coloring Corner



**2**

**1 pm Karaoke on the stage**

9:00 am Penny Bingo  
9:00 am Tattling  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Bellydancing  
9:00 am Line Dance Beginner, Registration Req.  
9:00 am SilverSnakers Classic Fitness  
9:00 am Beginner Bridge  
10:00 am **Book Discussion Group**  
10:00 am Line Dance (Intermediate)  
10:00 am Canasta  
11:00 am Line Dance (Advanced)  
11:00 am Mail Longe  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Woodcarving  
12:00 pm Cribbage  
12:00 pm Open Bridge  
12:30 pm Penny Bingo  
1:00 pm Ping Pong

**3**

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 Karaoke  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
12:00 pm Bunco-\$1 entry  
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*  
**The Country Flavor Band**

**6**

**10 am Volunteer Brunch**

8:15 am Walking Exercise  
9:00 am Senior Yoga (CD)  
9:30 am Cornhole  
10:00 am Knitting & Crocheting  
10:00 am Tai Chi (Advanced) (will meet in fitness classroom)  
11:00 am Azria Balance Class (will meet in fitness classroom)  
11:00 am-12:30 pm **Coffee Shop Lunch**  
11:30 am Woodcarving  
12:00 pm Bunco-\$1 entry  
12:00 pm Pinochle  
12:00 pm Bridge-Duplicate  
1:00pm Square Dancing Class (final class until the spring)

**7**


**9 am Men's Pelvic Floor Class**  
**Hunkins**

9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:00 am Rock Steady Boxing (Fee)  
9:30 am Painting Class  
9:30 am Bible Study  
10:00 am Beginner Canasta and Cribbage  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
10:30 am SilverSnakers Classic Fitness  
11:00 am Belly Dancing  
11:00 am Mail Longe (experienced players)  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Jazz Dancercise  
11:30 am Mexican Train  
11:30 am Unlucky 7 Dice Game  
12:30 pm Penny Bingo  
12:30 pm Tap Dance  
1:00 pm Painting Class, Ping Pong

**8**

**9 am Buy, Eat, Live Healthy Nutrition Class**  
**11 am Razzle Dazzle public sewing project with Amanda Brower**

8:00 am-9:30 am Biscuits and Gravy  
8:15 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am Duplicate Bridge  
9:30 am Painting Class  
10:00 am Chess  
10:00 am Wii Bowling  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -**\$1.00** Guests  
11:00 am Choir Practice  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Phase 10  
12:00 pm 500 Card Club  
12:00 pm Bridge –Men  
1:00 pm Coloring Corner



**9**

**1 pm Karaoke on the stage**

9:00 am Penny Bingo  
9:00 am Tattling  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Bellydancing  
9:00 am Line Dance Beginner, Registration Req.  
9:00 am SilverSnakers Classic Fitness  
9:00 am Beginner Bridge  
10:00 am Line Dance (Intermediate)  
10:00 am Canasta  
11:00 am Line Dance (Advanced)  
11:00 am Mail Longe  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Woodcarving  
12:00 pm Cribbage  
12:00 pm Open Bridge  
12:30 pm Penny Bingo  
1:00 pm Ping Pong  
1:00 pm Social Group

**10**

**10:30 am Genealogy Class**  
**(2nd Friday)**

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 Karaoke  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
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**

**13**

**9:30 am Grief Support Group**  
**(2nd Monday)**

**1 pm Birthday Party**  
**(2nd Monday)**  
*Square Dancing*  
Cake donated by Medigold

**14**

**1 pm Christmas Craft with Bickford**

**2-4 pm Jukebox Dance Party**

9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:00 am Rock Steady Boxing (Fee)  
9:30 am Painting Class

**15**

**9 am Buy, Eat, Live Healthy Nutrition Class**  
**10 am Hot Cocoa with Hospice**

8:00 am-9:30 am Biscuits and Gravy  
8:15 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am Duplicate Bridge  
9:30 am Painting Class

**16**

**11 am Thanksgiving Dinner**

**1 pm Karaoke on the stage**

9:00 am Penny Bingo  
9:00 am Tattling  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Bellydancing  
9:00 am Line Dance Beginner, Registration Req.

**17**

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 Karaoke  
11:00 am-12:30 pm **Coffee Shop lunch**  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller

# Jukebox Parties

Cut a rug to the music of yesteryear! Our jukebox parties give you the chance to relive your youth and dance to your favorite songs. Tell Kristina the songs you would like to hear and she will add them to a YouTube playlist to be projected on a Multipurpose Room screen.

November's Jukebox parties will take place on **Tuesday, November 14 from 2 to 4 p.m.** and on **Tuesday, November 28 we'll have a live jukebox party featuring Country Brew from 1 to 3 p.m.**



# Genealogy Class

November's Genealogy Class will instruct you on setting up a free Family Search account and how to use it. Bring a computer or tablet. If you do not have your own computer, a few computers are available for you to borrow. Please sign up in the Activities Book if you would like to attend the class and indicate that you would like to borrow a computer if you need one. The Genealogy Class meets the second Friday of the month. In November that will be **November 10 at 10:30 a.m. in the Classroom.**

# Twenty Questions Team Trivia

Select Mondays at noon in the Dining Room, gather some friends and join us to answer twenty general knowledge jeopardy-style questions on a variety of subjects. It's fun to challenge your mind and memory and see what categories your friends have a lot of knowledge about. Prizes and bragging rights are awarded to the winning team every time we play.

**November's games will take place November 20 and 27 at noon in the Dining Room.**



# Trailblazers Walking Group

The trailblazers logged 247 miles between September 1st and 23rd. Good job walkers, keep at it! Did you know that walking just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance?

**volunteer,  
join the RSVP  
team today.**

STOP BY THE FRONT DESK TO  
LEARN MORE

<https://iowaaging.gov/rsvp>  
1-800-532-3213



**AmeriCorps  
Seniors**



## Your Neighborhood Coalitions

Crescent Park meets  
Hamilton HyVee  
4th Thursday of each  
month 7:00 PM

Northside Coalition meets  
St John's Lutheran  
28th & Jackson  
1st Thursday of  
each month 6:30 PM

## Medicare Advantage & Supplement Plans



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Iowa, Nebraska and South Dakota  
**402-709-7314 TTY 711**  
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Clubs & more**

**Zero Premiums and  
Zero Deductibles**

**Learn about Advantage Plan  
12-Month Trial**

*"One on One" help with Bruce!*





# November 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:*

**Nov. 7th.....Write about a woman or man from history you admire.**

**Nov. 14th....Write about Daylight Saving Time ending.**

**Nov. 21st ....Write about what Thanksgiving means to you.**

**Nov. 28th....Write about some facts on John F. Kennedy.**

## FACTS FOR NOVEMBER

1. Daylight Saving Time is November 5th, set clocks back 1 hour.
2. Tuesday, November 7th, Election Day, please vote.
3. Monarch butterflies fly south to Mexico in November.
4. November 11th is Veterans Day (Armistice 1918)
5. Thanksgiving Day is Thursday, November 23, 2023

## THOUGHTS TO THINK ABOUT:

1. Life is short, forgive quickly, love truly & always be thankful for the gift of life"
2. An English Folksong: "Over the river & through the woods trot fast my dapple gray. Spring over the ground like a hunting hound on this Thanksgiving Day. Over the river and through the woods now Grandmother's face I spy. Hurrah for the fun, is the pudding done, can't wait for the pumpkin pie."



## Blessings!

Said big Tom Turkey to his brother Tim  
"Step up little brother! You're lookin' mighty thin.  
There's plenty of food, so dig right in."

But Tim held back and picked at the grass  
While the other farm fowls couldn't let the corn pass ---  
Nor the oats, nor the soy, not the creamy hot mash.

As the days grew colder, the turkeys grew gruff.  
They ruffled their feathers and "strutted their stuff"  
And made fun of Tim with gobbles and huff.

One cold autumn day, at the crack of dawn,  
Tim lifted his head to find the other fowls gone.  
He saw the trough full as he stifled a yawn.

While Tim began eating, chilled from the frost,  
The "big gruff" birds were warm as french toast --  
Decking the tables of Thanksgiving hosts.

*Blessed Thanksgiving! Carol Kelzer*

## CHOIR NEWS

The Choir is preparing for the holiday season. We are working on new ventures and also "SING-OUTS"! Anticipation is high to present our music to others in joyful song. The group is having a lot of fun with each practice. JOIN and participate in the joy of SHARING MELODY! **Wednesdays at 11 a.m. in the Classroom.**

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# SCAG Senior Royalty Attend the Riverssance Festival

The Center revived the tradition of having Senior Royalty in the River-Cade parade this year and the members of the royal court were also invited to participate in the annual Riverssance renaissance festival. They were supplied with royal dress and accessories by Joan Mason, the Red Duchess of Riverssance. King Ted Orzechowski, Queen Donna Beauchene and Lady of Misrule, Janet Hein were accompanied by Activities Coordinator Kristina as their lady in waiting. They enjoyed a royal banquet hosted

by King Pellius and Queen Morgana, the joust, birds of prey, and the music and sights. We'll be voting for a new royal court next year and different members will have the opportunity to participate. Some of our members also helped out by volunteering as gate greeters at the front gate of the festival and were given free admission for their assistance. They enjoyed dressing up in period garb and handing out Scavenger Hunt bags to the kids.



## Rock Steady Boxing

Rock Steady Boxing at our Center launched in October 2019. The program exceeded anticipation, over 50 have joined and currently there are 12 active boxers. For the past 4 years, most of our new participants have been neurologists' referrals. Although these physicians have never seen our facility, they see the improvement in their patients — boxers in our program.

Based on that improvement and patient testimonials, anyone newly diagnosed with Parkinson's is prescribed PD medication and referral to our program as a recommended part of their PD treatment. From the doctor's office straight

to Rock Steady Boxing at the Siouxland Center for Active Generations. This unprecedented success continues to reaffirm the profound need for this program.

Rock Steady Boxing is offered in more than 900 gyms worldwide. This program uses the mechanics of boxing in an "arduous hour" for those with Parkinson's by focusing on PD symptoms including balance, stiffness, tremors, coordination, and soft voice syndrome. This is accomplished through non-contact boxing, punching a heavy bag, doing footwork, stretching, resistance exercises and aerobic training. Join our class today

## The Many Benefits of Silver Sneakers



Wouldn't it be great if you could take fitness classes designed specifically for seniors and led by supportive instructors? What if you could take those classes online from the comfort of your home? And get no-cost access to gyms and fitness locations in your area (and even nationwide!)? If that sounds like the perfect program to help you get and stay fit, we have awesome news for you. If SilverSneakers is included in your Medicare Advantage plan, you can have all of that — at no additional cost to you. SilverSneakers is a health and fitness program designed for adults 65+ that's included with many Medicare Advantage plans.

SilverSneakers members can:

- Access live online fitness classes and an on-demand video library of prerecorded workouts.
- Take fun exercise classes designed for seniors of all fitness levels and led by trained instructors.
- Go to thousands of gyms, community centers, and other participating fitness locations across the nation.
- Download the SilverSneakers GO app to get your digital membership card and workouts.
- Find a friendly, supportive community in person and online.

The goal? To help you stay strong in body, mind, and spirit. Regular physical activity keeps your heart, brain, bones, muscles, and joints healthy. If you have a chronic condition like arthritis, diabetes, or osteoporosis, safe exercise can help you feel better. Plus, staying social is vital to good health. According to SilverSneakers members, it works. In fact, 95 percent of members rate their health as excellent, very good, or good. And 88 percent say SilverSneakers has improved their quality of life.



## Chair Yoga

Everybody has a story. When I walk into the exercise room on Friday mornings I see many faces that have a story that brought them to chair yoga. Bob Hightower joined the Siouxland Center for Active Generations August 2023 and told me that "The associate that signed me up suggested chair yoga due to my limited physical capabilities." Chair yoga includes the same elements of traditional yoga including poses, meditation and breathing. But this gentle yoga modifies standard yoga so you can do them while seated in a chair, or you can use a chair to keep you steady while performing standing poses.

Jerry Iversen has been an off and on member for some 15 years. He and his wife are also members of the senior center in their hometown of Paso Robles, California. Jerry started chair yoga in Paso Robles while recovering from surgery for a new hip.

Bob benefits from the good exercise, particularly stretching and bending. Jerry keeps attending for general wellness, flexibility and balance. He said, "Besides Chair yoga I mostly attend the TV in the lounge."

Favorite pose? Jerry likes the "variety of poses and pacing. Kaye generally includes two repetitions of each pose, so we can get the idea without much pain or boredom." Bob likes "mountain and sunflower poses." He uses the mountain pose every night before going to sleep. Mountain strengthens spine and improves balance. The pose increases strength, power and mobility in feet, ankles, thighs, and legs.

Quote to inspire your practice: *"It feels good pulling on these muscles, it feels better than worrying about who is watching."*

*Kaye Plantenberg*

## Ingredient Donation Requests for the Center's Kitchen

In order to support the Center's lunch program, we are looking for donations of certain food items to help assuage our high grocery bills.

Donations of the following items would be appreciated:

pie fillings  
instant pudding  
Jello  
cans of vegetables  
cream soups  
chocolate chips  
baking goods  
tea bags  
butter  
spaghetti sauce  
eggs  
bottled water  
miracle whip  
craisins  
tuna

### **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)

# Fun at the Center



1. Lighted pumpkin craft with Bickford
2. Jerry calling a rousing game of Bingo
3. Hello from Mexican Train
4. Norma visiting with Barb in the gift shop
5. A great workout during Fitness with Lee
6. The joy of painting
7. Ed Tryon performing at the Rock and Roll Jukebox party
8. Pat entertaining guests at the new member party
9. Center Stage Tap Dancers performing at the birthday party

# NOVEMBER BIRTHDAYS

Jo Adams  
 Charles Andersen  
 Eugene Anderson  
 Virginia Anderson  
 Delores Ashley  
 Rick Atkinson  
 Gloria Baldrige  
 Rolene Beauvais  
 Sam Birmingham  
 Huang (Rosie) Boggs  
 Bryan Boonstra  
 Ethan Brewer  
 Steve Brown  
 Sherry Caba  
 Rhonda Capron  
 Herman Charley  
 Merton Chmelka  
 John Cole  
 Shirley Colwell  
 Helen Craig  
 Bonnie Crary  
 Marcia Crayne  
 Dorothy Crim  
 Margarita DeRios  
 Teri Dolezal  
 Glenn Drake  
 Wayne Ehret  
 Roger Eldridge  
 Charlene Ellis  
 Mary Ferrari  
 Mike Foland

Gary Ford  
 Marlene Frank  
 Joellen Fravel  
 Linda Frost  
 Nancy Guy  
 Maureen Haley  
 Beverly Hall  
 Marilyn Haller  
 Patrick Halligan  
 Mary Hammack  
 Kyongae Hanshaw  
 Janet Hein  
 Dick Heitzman  
 Fred Helmich  
 Carol Hughes  
 Karen Jauer  
 Judy Jenkins  
 M Donna Johnson  
 Maizie Johnson  
 Carrie Johnson  
 Sonja Johnson  
 Robert Keairns  
 Barbara Kimmel  
 GeorgeAnn Kock  
 Carol Kunkel  
 Ezequiel Lopez-CeNantes  
 Dona Dean Lovell  
 Violet Mann  
 Dennis Martin  
 Andrea Martin

Rosanne  
 McNertney  
 Richard McArthur  
 Michele McDevitt  
 Diane McKernan  
 Julianne  
 McKinney  
 Ellene Mendenhall  
 Sharon Miller  
 Robert Miller  
 Joyce Miller  
 Kathleen Miller  
 David Mook  
 Barbara Murkins  
 Jo Ellen Nelson  
 Gregory Nooney  
 Mary Nyhus  
 Mark O'Brien  
 Jane Olson  
 Jill Pickinpaugh  
 Barbara (Barb) Pitts  
 Connie Plueger  
 Bonnie Porsch  
 Daniel Poston  
 Dean Reinart  
 Bonnie Richardson  
 Andrew Robak  
 Becky Roemmich  
 Margaret (Peg) Roush

Carlos Salas  
 Doug Schinzing  
 Mary Schrank  
 Jane Schuldt  
 Mark Scott  
 Deb Skouge  
 Paul Smith  
 Rosa Maria Solis  
 Cleo Spence  
 Rebecca Spencer  
 Marvin Still  
 Gloria Stinton  
 Erik Stockton  
 Michael Sydow  
 Don Torgerson  
 Kenny Travis  
 Marce Treiber  
 Barb Vakulskas  
 Cathy Vellinga  
 Mary Walling  
 Don Walters  
 Randy Watterson  
 Karen Wiese  
 Dayla Wobbeking-Brown  
 Beverly Wolfe  
 Lorraine Woodford  
 Teresa Worrell  
 Heather Young  
 Lois Zunker  
 Beth Zwick

# November NEW Members

Linda Anderson  
 Gloria Baldrige  
 Deborah Bell  
 Hope Benton  
 Brian Bliss  
 Toni Boschker  
 Maggie Brockman  
 Pamela Coad  
 David Coad  
 Carolyn Connick`  
 Dennis Derochie  
 Randall Ewing  
 Stewart Hartman  
 Dorothy Helgason  
 Victoria Hollingshead  
 Linda Holub  
 Cheryl Hoopingarner  
 Bonnie Johme  
 Ronald Johme  
 Joseph Johnson  
 James Jones  
 Marian Larson  
 Robert Larson  
 Sharen Massey  
 Gary Massey  
 Nora Moore  
 Leeann Ochoa  
 Edda Else Philippsen  
 Connie Schoenberner  
 Victor Sherman  
 Deborah Tague  
 Phyllis Towne  
 James Towne  
 Douglas Treglia  
 Michael White

|  |  |
|--|--|
|   | Iowa State Office:<br>1449 NW 128th St.,<br>Suite 210 Clive, IA<br>Joe Evans, Sales Manager - Iowa<br>JOE-EVANS@medigold.com |
|  | <b>Medicare Plan</b>   |

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

**Membership Information**

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

**Refund Information**

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

# DOLLAR-A-MONTH

October

*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.*

- |                 |                |                |                   |
|-----------------|----------------|----------------|-------------------|
| Pharyce Eslick  | Sally Kimball  | Kathleen       | Don Schultz       |
| Miriam Clayton  | Russell Movall | Plantenberg    | Norma Jean Hughes |
| Don Casaday     | Jan Nelson     | Harvey Viken   |                   |
| Virginia Gries  | George Polak   | Chip Pottorff  |                   |
| M.Donna Johnson | Maizie Johnson | Don Niewendorp |                   |

**Dollar  
-A-Day  
for a  
YEAR**

|                             |                              |                                  |
|-----------------------------|------------------------------|----------------------------------|
| <b>Diana Howard</b>         | <b>Russ Movall</b>           | <b>Robert &amp; Nancy Nelson</b> |
| <b>Barney Pottebaum</b>     | <b>Jon and Grace Wagoner</b> | <b>David/Vicki Young</b>         |
| <b>First Premier Bank</b>   | <b>Judy Seaman</b>           | <b>Kristine Bergstrom</b>        |
| <b>Gail &amp; Tom Brown</b> | <b>Gene Anderson</b>         |                                  |