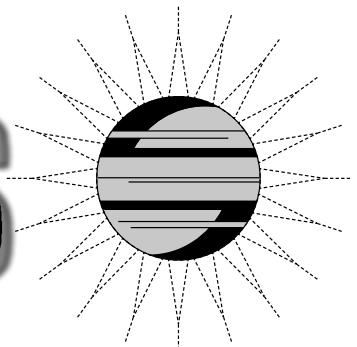


AUGUST 2025 SUNSHINE NEWS

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712-255-1729

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Siouxland Center
for Active Generations

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.

The 2025 Fabulous Fall Follies



Let us entertain you! The Siouxland Center for Active Generations is pleased to announce that our 2025 Fall Follies talent show program will be held

at the Sioux City Community Theater on the first Saturday in September. This annual event showcases the many performing arts groups at the Center and gives many of our talented members the chance to demonstrate the artistry that they work diligently to perfect over the entire year.

The Sioux City Community Theater, located on Riverside Boulevard, will be an excellent venue for our event. The auditorium contains three hundred seats with great views of the performance space. It has a large stage with an appropriate surface for our tap dancers and other dancers, as well as great acoustics. The building is handicap accessible with a convenient parking lot. The Sioux City Community Theater has also given us a reasonable price to hold the Fall Follies in their facility.



this year and there will be more musical acts and surprises.

To highlight the multitude of ability that we have in the show as well as the autumn season, 2025's theme will be "A Harvest of Talent." Besides an opportunity for our many talented performers to have a goal to work towards, the Fall Follies show is a benefit for the Siouxland Center for Active Generations. The \$10 ticket price will go to support the continuing mission of the Siouxland Center for Active Generations to enrich the quality of life and support independence and vitality for our members. SCAG's talent show is a perfect way to exhibit the many ways our senior members continue to stay active, form rewarding relationships, and live their best lives. The 2025 Fall Follies talent show will take place on **Saturday, September 6, 2:00 p.m. at the Sioux City Community Theater, located at 1401 Riverside Blvd.**



Active Generations SCSEP Employees Furloughed, Future Unknown

Until recently several valuable workers at the Siouxland Center for Active Generations have been paid through the Senior Community Service and Employment Program (SCSEP). This is a federal and state government program that helps Iowans aged 55 and over with limited income find jobs. The program offers paid training opportunities, such as on-the-job experience at non-profit organizations and community service assignments. The intention of SCSEP is to provide opportunities to eventually help participants transition to regular jobs available across Iowa. SCSEP helps both the organizations, who receive additional people

to help them operate, and the workers, who receive part-time minimum wage compensation and learn valuable work skills.

The Center currently has nine individuals who perform tasks in the building who are compensated through the SCSEP program. Diana Stokes works as a receptionist at the front desk. Suky Waltman has increased activity offerings by teaching exercise and language classes. JoLynn Palmer and Carrie Johnson cook for and staff the coffee shop. Carol Ostermeyer and Dennis Moore prepare and serve the full

continued on p. 2

the Sunshine News

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Siouxland Center for
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712-255-1729
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www.siouxlandcenterforactivegenerations.com

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

continued from p. 1

meals and breakfasts served Wednesdays and Fridays in the kitchen. Daniel Poston, Quenten Quick, and Earl Sorgdrager provide housekeeping and maintenance support.

In late June, SCSEP workers in Iowa were instructed not to report to work at their respective organizations. Although federal funding for the SCSEP program has been authorized to the Department of Labor by Congress for fiscal year 2025, AARP, who runs SCSEP at the state level in Iowa, has not yet been reauthorized to administer the program for the next year, and it is not clear when or if they will be. As SCSEP includes both state and federal funding, workers who are paid through state funds were allowed to return to their positions in the second week of July. At SCAG those employees are Carrie Johnson, Quenten Quick and Earl Sorgdrager. The six employees paid through federal funds are still waiting to hear about the future of their positions.

Diana Stokes, who has dedicated herself to the mission of the Siouxland Center for Active Generations and has been diligent and useful in her time working for our organization, said that she thought working for SCSEP was a great opportunity. “It was something I liked coming here and doing every day,” she said about her role in greeting members from the front desk and making them feel welcome and wanted. “I would like to have my job back.” Carol Ostermeyer, who previously worked as the dietary manager at Regency Square for thirty-six years and added efficiency and organization to SCAG’s kitchen, said, “I enjoy it here. I get to do what I like to do and work at my own pace. I want to come back.”

SCSEP is the only federal job training program specifically for unemployed and low-income adults over 55. Although it has many demonstrated benefits and is endorsed by organizations such as AARP and the National Council on Aging, it has been continually threatened to be cut from the federal budget. Detractors argue that SCSEP’s services are duplicated by other job training programs and that less than 50% of the program’s participants find regular employment after leaving the program. However, the program serves about 50,000 older people across the U.S. who are more likely to have difficulty finding jobs because of age, disability, and other limiting factors. SCSEP has been found to help participants meet basic expenses, reduce social isolation, and improve self confidence in their abilities as well as mental and physical health.

At the Siouxland Center for Active Generations we hope that the SCSEP administration authorization issue will be resolved soon and that our employees can return to their positions. Their presence at the Center is a win-win for our organization, for the employees themselves and for our members who get to interact with this wonderful group of people. If you would like to help advocate for our SCSEP employees, you may contact senators Joni Ernst and Chuck Grassley, as well as our congressman Randy Feenstra. Please ask Kristina or Faith if you would like contact information for your legislators.

Technology Class: Emojis, GIFS, and More!

Pam from Connections Area Agency on Aging will return for another informative OATS (Older Adults Technology Services) class. She’ll go over the meaning of some of the most common emojis, where to find them on your smartphone keyboard and when to use them. Also covered will be how to create an avatar using Bitmoji and Memoji. GIFs and Memes are additional ways to add some color to your communication, so Pam will demonstrate where to find and create those as well. **Wednesday, August 27, 10 a.m. in the Classroom.**



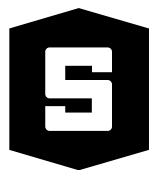


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Meet a Member: Kay Reynolds



HI! I'm Kay Reynolds, a long-time teacher in the Sioux City system at West Middle School for 32 years. I loved teaching, reaching kids, and helping them succeed. Along the way, I made many friends. Lately I'm known as the POEM LADY with poems in the Sunshine News each month. LOVE IT-sharing..

Born in Danbury, IA, we moved to town so that my father could work as a truck hauler/mechanic in the stockyards, living on the lot where Jim's Burgers now stands. In 1953, the flood hit that area destroying the houses and stockyards. Graduating from Heelan, I attended Briar Cliff. I began a teaching career in Woodbine, Iowa and shortly after met my husband, Wendell. We were engaged at St Vincent hospital--all the nurses came to see my ring!!

After marriage, we moved here and I quickly had 3 children with my husband working for the railroad out of town. Being a mom was my main priority then. I started substituting and took an English job at West Middle, teaching for 32 years. During the years, I was a MOTHER with a caring heart, scout leader, Hockey Mom and officer. We were a HOCKEY FAMILY! My son played for the Musketeers and then later became a coach.

I ALWAYS have LOVED MUSIC--organist, women's barbershop for 40 years, choir here at the Center. Creativeness: also write POEMS, short stories for great grandkids, and essays. My focus on writing is caring and wanting to help others think positively to make life better. AND I LOVE CHOCOLATE-my passion...

My 3 children had 6 grandchildren, blooming to 13 greats from 25 down to 2! (with 6 foster that they adopted-who does that but a caring heart!!!

At the center, I have been in Chair Yoga, Creative Writing, Senior Choir and other activities they have-it's a tremendous place to be.

Words of wisdom I try to pass on:

- Be an example in action, then others may follow to become a roaring sea.
- Keep in mind-we're human-we make mistakes-but we grow beyond them as a learning lesson for us.
- Make TODAY a SUNSHINE DAY-move forward one step at a time and SEE the wonders all around.
- We don't change the world-we only change US, and that GOOD can be from horrible situations made so much better..
- LOVE ABUNDANTLY and PASS IT ON.
- Find the unique in You and BLOOM-enjoying each step we take.
- Always remember WHO YOU ARE-HOW UNIQUE, and SPECIAL with great talents-USE THEM.
- Age is only a number-it's HOW you LIVE that counts---keep active and enjoy life.

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 _____

Gift Shop & Library 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	Lola Balstad	Dianne McCall	Carolyn Henjes
Willard Snyder	Arlene Rodeen	Yvonne Thallas	Linda Beeson
Barb Diede	Ann Mrla	Pat Cable	Deanna Jacobs
Diane Taylor	Elaine Waskow	Jean Johnson	
Pat John	Donna Vitzthum	Nancy VanMeter	

Donations

Susan Gwin	Bill Merritt	Larry Bower
Dan DeMarest	Arlene Imray	Anna Kounas
Bruce Hunkins	Jeffrey Zoelle	Pam
Gail Brown	Diana Howard	Houchins-Stephan

Guitarist Steven Grone to Perform at August Birthday Party



Our August birthday party will feature melodious music from Steven Grone, a guitar player from West Point, Nebraska. He has been performing once a month at the Evergreen Terrace apartments where some of our members have heard him play and have given him rave reviews. He will serenade us with a mix of two thirds country songs, both old and new, and one third classic rock such as the Eagles and folk music. Come enjoy terrific tunes as we celebrate our members born in August. Get out on the floor and dance along if you would like. Birthday cake for all will be sponsored by Hillcrest Care Center. **Monday, August 11, 1 p.m.**

AUGUST

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

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Siouxland Hearing Healthcare, overseen by audiologist Dr. Michael Sloniker will be conducting free hearing tests at the Siouxland Center for Active Generations this month. Hearing loss is a common condition, affecting over 48 million people in the United States. Regular exams are not only key to detecting hearing loss early on but can also prevent further progression which makes all the difference in maintaining a healthy quality of life. A hearing test is a non-invasive procedure that involves a series of evaluations to measure your hearing ability and identify any potential issues. These comprehensive tests are conducted by trained professionals and are designed to evaluate various aspects of hearing function. During a test, you will be instructed to wear headphones and respond to different sounds, usually in the form of tones and spoken words. The results of the test are then plotted on an audiogram, which is a visual representation of your hearing ability across different frequencies. Please sign up for a time slot in the Activities Book if you would like to have your hearing checked. **Wednesday, August 13, 9 a.m. to 11 a.m. in the Conference Room.**

AARP Safe Driving Course

Enhance your driving skills with this refresher course sponsored by AARP. You will improve your driving skills, help reduce accidents, and possibly lower your insurance premiums!

Additionally, in this four-hour course you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age related physical changes and how to adjust your driving to compensate.

Please register at the front desk. The cost for the course is \$20 for AARP members and \$25 for non-members of AARP. **Monday, August 25, 11 a.m. to 3 p.m. in the Board Room.**



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August Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of July with possible dues due this month. Please stop in my office and we can check your due date.

Thanks! Faith Cosier, Membership Coordinator

Bruce Spence
Carol Anderson
Lynette Androy
Lola Balstad
George Barkley
Douglas Bently
Joyce Bentley

Diane Bjorkman
Judy Blessing
Deborah Bos
Karen Bourne
Marcia Bunkers
Darlene Burson
Norma Carr

Valerie Courey
Roger Curry
Laura Day
Gary Dehoff
Micheal Donovan
Bonny Fields
Kathryn Flinn
Debra Fresse
Kesya Groves
Kyongae Hanshaw
Beth Harms
Gerald Hauptert
Bruce Hines
Karen Hoag
Mavis Holman
Gerald Iversen
Rita Iversen
James Johnson
Donna Johnson
Patricia (Pat) Ann

Johnson
Alvin Johnson
James Keairns
Carol Krumwiede
Jeanie Leander
Sue Levay
Ellen Livingston
Peggy Mace
Richard Mace
Phyllis McMillan
William Merritt
Dorothy Miller
Sara Miller
Nora Moore
Myra Morris
Lois Navrkal
Gilbert Nelson
Jan Nelson
Jo Ellen Nelson
Patricia Nepple

Jerry O'Dell
Roberta O'Dell
Ed Ortmann
Cathy Ortmann
Ronald Rohlena
Richard Schimmer
Robert Schwarz
Patricia Simon

Rick Skuya
Cleo Spence
Michael Sydow
Linda Sydow
Evey Thompson
Matthew Tope
Molly Twohig
John Wakefield

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August 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 that others share. Our Creative Writing story telling themes for the month are:

Aug. 5th Write about a Historical event--national or local.

Aug..12th...Write on "Do You Remember" about your life.

Aug..19th...Write about the month of August.

Aug 26th..Write about old TV shows that you liked!!

FACTS ABOUT THE MONTH OF AUGUST

1. The birth flowers for August are gladiolus and the poppy.
2. The birthstones for August: the peridot and the sardonyx.
3. On August 2, 1909 the Lincoln penny was issued.
4. August 1896 saw the start of the Gold Rush.
5. Buttermilk contains No Butter.
6. Heavy fog in August, expect a hard frost in October.

THOUGHTS ABOUT THE MONTH OF AUGUST

"If ever there is a tomorrow when we're not together...there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think." (Quote from Pooh's *Grand Adventure: The Search for Christopher Robin*)

"This morning the sun endures past dawn. I realize that it is August summer's last stand."

WHAT NOW?

by Kay Reynolds

In times of old, there was little around. When problems with anything came up, the only help they had were those around--small groups who pitched in giving any help possible. A feeling of unity had to exist--separated yes, but if anywhere near they came by whatever method when they heard of situations needed help. A feeling of ONE FOR ALL--ALL FOR ONE existed.

That idea continued down through the ages mostly--YES, there were arguments, disagreements, and ones that wanted POWER in all things. This excessive compulsion led to wars among groups, nations, religions, from stress caused. There was a WINNER yes--but over all we ALL LOST. You ask what--the ability to live together--working our differences out in a peaceful manner.

That aggressiveness continued--GREED GREW and festered like a sore infected on the hearts and souls of people. A lack of any trust came then.

As the spirit weakens, scar tissue forms and that feeling prevails--I HAVE TO THINK OF ME! I must protect ME at all costs. When that starts, the idea of unity evaporates. It becomes ME AGAINST THEM.

Unfortunately, that has led to the world we are in today...a world of hurt and thinking of what I can get out of it, ALL I can get is the goal. That distrust sets in and bitterness of hurts from before prevent any communication to stop harassment/harm. PROBLEMS become the NORM. That then leads to the DISFUNCTION in life, hiding, lying, accusations, blame. It is because of the OTHERS, not ME!!

That's where we have been led today--unfortunately in life. Life can be tough; but now many DO NOT WORK TOGETHER--PEOPLE DO NOT GAIN--WE SIMPLY EXIST.

BUT--thankfully there are STILL some who feel togetherness is the key. Taking one step at a time--small then growing. Some feel they are TOO WEAK to do anything to help--but that is so wrong. The KEY TO LIFE is UNITY. May more grow in that idea--in number--in strength--into a mighty army. Quietly working at times--yet at others speaking up for others' rights. WORKING IN A SENSE OF PEACE is the GOAL we need. If not, the foundation crumbles and true peace is lost.

Even today we have a new Pope, Leo XIV, who is a missionary soul who wants peace from all and to work together being thankful for all we have. Living humbly in life and protecting all. That IS the foundation of our forefathers in America.

Whoopi Goldberg stated: "OK--NOW is the time for EACH ONE OF US to SPEAK UP and MOVE. Making the effort to BUILD peace--one person to another--in joint unison--not sit back and wait--IT JUST WON'T HAPPEN!!"

Right here in Sioux City, we can speak up, to move forward, to unite--
IT IS WORTH IT!

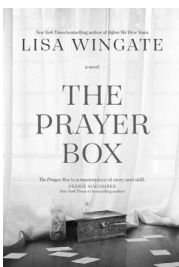
Book Discussion Group

Don't read alone, share your thoughts about books with others! Join the Book Discussion group on the first Thursday of the month at 10 a.m. in the Meeting Room for a meaningful discussion with friendly people.

August 7:

The Prayer Box by Lisa Wingate

Charged with cleaning out her deceased landlord's old Victorian house after her passing, Tandi Jo Reese has her whole life changed when she discovers Iola's prayer boxes filled with a lifetime of hopes, wishes, fears, and observations.





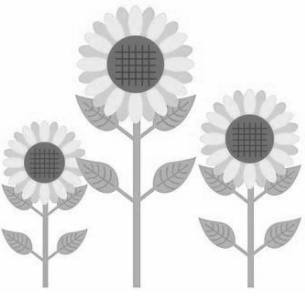
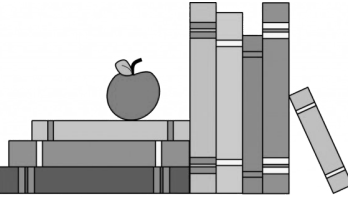
September 4:

The Wedding People by Alison Espach

Betrayed by her husband, a severely depressed young woman gets drawn into the over-the-top festivities at a lavish wedding in this funny and life affirming novel.

August 2025

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
			 Back To School	1 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full 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 <i>Featuring The Huckleberrys</i>
4 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Companion Meeting 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Drumming Class	5 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 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 Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	6 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 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 Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge -Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish	7 10 am Book Discussion Group 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers 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 Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	8 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full 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 <i>Featuring The Embers</i>
11 1 pm Birthday Party (2nd Monday) Guitar Player Steven Grone Cake sponsored by Hillcrest Care Center 7:30 am—1 pm Coffee Shop	12 1 pm Games and Treats with Bickford 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee)	13 9-11 am Siouxland Hearing Health Hearing Tests 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga	14 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness	15 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry

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<p>18</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Drumming Class</p>	<p>19</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 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 Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 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 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>20</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 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 Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish</p>	<p>21</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers 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 Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>22</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full 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</p> <p><i>Featuring Jerry O'Dell's Country Flavor Band</i></p>
<p>25</p> <p>12-1 pm Team Trivia 11-3 pm AARP Safe Driving Class 1 pm Parkinson's Support Group</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Fitness Variety 1:00 pm Drumming Class</p>	<p>26</p> <p>1-3 pm Jukebox Dance Party</p> <p>7:30 am—1 pm Coffee Shop 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 Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 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 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>27</p> <p>10 am Technology Class: Emojis, GIFs and More</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga 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 Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 1:30 pm Beginning Spanish</p>	<p>28</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers 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 Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</p>	<p>30</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full 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</p> <p><i>Featuring 4 on the Road</i></p>

Bridge News

Lots of bridge players in June, but we can always welcome more. Leon Koster's Thursday morning class includes beginning players and people who have played bridge and would like to move forward into duplicate. Diana Howard's Monday morning class is a little more advanced for duplicate players who want to improve their game. Please see the schedule for game times on Monday, Wednesday, and Thursday.



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Saturday Night Dance Party: Bob Merchant and the Shadows

Bob Merchant has been part of the Midwest music scene for over 4 decades! Beginning in 1964 with the Sha-Dels, Merchant has carried the torch for classic rock n' roll! His unique voice and solid bass play have made him an iconic frontman. He has worked with many performers over the years and the current lineup features veteran rockers, Cathy Sandage on keys and vocals, Mark Scott on lead guitar, Mark Renfro on the piano and Billy Engel on drums. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and nonalcoholic drinks before the performance. **Saturday, August 16, 7-10 p.m.**



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Save the Date for Shredtastic



In partnership with Connections Area Agency on Aging, the Siouxland Center for Active Generations will hold its Fall Shredtastic document shredding event in the Center's parking lot on the first Friday in September. This event is intended for seniors ages 60+ and their caregivers, but no individuals who show up with items to shred will be turned away. Document Depot generously provides the shredding service for this event.

Over the last several years, an average of two+ tons of personal papers were shredded during this two-hour period. This is a drive-through event, with parking to observe also available. This service is available on a donation basis with the donations benefiting senior services provided by Connections Area Agency on Aging and Siouxland Center for Active Generations.

With a focus on preventing seniors from becoming victims of identity theft, Shredtastic offers seniors or their caregivers the opportunity to shred personal materials. Older adults and their caregivers are encouraged to carefully dispose of paperwork such as Medicare Summary Notices, explanation of benefits notices from insurance companies, bank statements, credit card billings and applications, and other documents that contain personal information. "We all need to be aware that numbers assigned to us from Medicare and Social Security, as well as bank account and credit card information are valuable and sellable commodities to many scammers," stated Pam Wurster, event organizer at Connections Area Agency on Aging. She continued, "We are excited to be able to offer this service to seniors living in the Siouxland area, as we have been for more than the last 11 years."

This event is for personal papers only. Papers from businesses, including in-home businesses, will not be accepted. Other items not accepted include magazines, phone books, plastic folders, corrugated cardboard, binders with metal clips, etc. Staples, paperclips, and spiral-bound items can be shredded and do not need to be removed. When you drive up in your car, volunteers will help remove the papers for you. If you would like to help out at Shredtastic please sign up in the Activities Book. Gather your documents that need to be shredded and join us in the parking lot on **Friday, September 5 from 11 a.m. to 1 p.m.**

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 \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see the front desk.

August 1: The Huckleberrys

August 8: The Embers

August 15: Country Brew

August 22: Jerry O'Dell's Country Flavor Band

August 29: 4 on the Road

Tai Chi for Seniors Health Benefits: Mental and Emotional Benefits



Tai chi offers numerous physical and mental health benefits, including:

1. **Stress Reduction:** Practicing tai chi can significantly lower stress and anxiety levels. The focus on deep breathing and mindful movement helps practitioners to relax and find calm.
2. **Improved Mood:** Regular tai chi practice has been linked to reduced symptoms of anxiety and depression, likely due to its meditative aspects and the release of mood-regulating hormones.
3. **Enhanced Cognitive Function:** Tai chi may improve cognitive abilities, such as memory and mental flexibility, particularly in older adults.
4. **Better Sleep Quality:** Engaging in tai chi can lead to improved sleep patterns, helping individuals to achieve more restful sleep.

Tai Chi meets on Mondays at 10 a.m. in the Multipurpose Room for the advanced class and Tuesdays at 10 a.m. in the Fitness Classroom for beginners.

Trailblazers Walking Club

The Trailblazers spent July exploring the vibrant northern port city of Duluth, Minnesota. Together they spanned 2545 laps which is equal to about 204 miles. That is about the distance of walking around the entire perimeter of Duluth and then hiking along Minnesota's North Shore Scenic Drive to the Canadian border!

In August, we'll experience the old-time charms of Mackinac Island, Michigan. This popular vacation destination does not allow any motor vehicles except for those used by law enforcement and emergency services. Downtown Mackinac Island is where the ferry boats from the mainland arrive and the most popular attractions are located, from horse-drawn carriage tours and bike rentals to handfuls of fudge shops and many restaurants and bars. Mackinac Island also has no chain hotels. Instead, there are historic hotels and bed and breakfasts including the Grand Hotel, built in 1887, where each room is uniquely decorated. It is the home of Fort Mackinac, built by the British during the Revolutionary War to control the strategic Straits of Mackinac and also the fur trade on the Great Lakes. Eighty-two percent of the 3.8 square mile island is a state park with a maze of trails, bluffs and geological formations. As you enjoy strolling along the old-timey streets and wooded wonders of Mackinac Island, you can Walk, Talk, Get Fit!



Crafts and Games with Bickford



In July, Deb from Bickford Assisted Living and Memory Care helped our members create watercolor tote bag crafts. Sharpies were used to draw and color the original design, then Deb sprayed the bags with rubbing alcohol to make the ink spread which creates the watercolor effect. Deb will return in August to play amusing games. She will also bring treats! If you would like to participate in this enjoyable afternoon activity, please sign up in the Activities Book. **Tuesday, August 12, 1 p.m. in the Dining Room.**

Chair Yoga



Yoga improves strength, balance, and flexibility. Slow movements and deep breaths increase blood flow and warm up muscles, while holding a pose can build strength. Yoga is as good as basic stretching for easing pain and improving mobility in people with low back pain. The American College of Physicians recommends yoga as a first line treatment for chronic low back pain. Gentle yoga has been shown to ease some of the discomfort of tender swollen joints for people with arthritis. Yoga is good for your heart because it increases circulation and blood flow. The cardiovascular system benefits from controlling the pace of breathing, which shows favorable changes in heart rate, stroke capacity, and arterial pressure.

Balance is essential for simple everyday movements such as picking something up off the floor, reaching up to a shelf, and descending stairs. Yoga improves your balance by strengthening and toning your core muscles, your pelvic floor, along with muscles that wrap around your spine. It strengthens joint stability, especially in your knees and ankles. Some days you eat salads and do yoga; some days you eat cupcakes and refuse to put on pants--it's about balance. **Chair Yoga meets Fridays at 10 a.m. in the Fitness Classroom.**

Kaye Plantenberg

Your Neighborhood Coalitions

Crescent Park	Northside Coalition	Westside Coalition
Hamilton HyVee	St John's Lutheran	United Lutheran
4th Thursday	28th & Jackson	315 Hamilton Blvd
of each	1st Thursday of	3rd Thursday of each
month 7:00 PM	each month 6:30 PM	month at 7:00PM



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New Counters and Lanyards for Sale



Are you looking for an easier way to keep track of how much you walk at the Center or other places? SCAG will be selling new lap counters for \$5 to help you measure your fitness goals. The counters are simple to use and are available in a variety of colors. Gold lanyards printed with "Siouxland Center for

Active Generations" are also available for \$2 if you would like to wear a counter around your neck while you use it. These products are now available for purchase at the front desk.

Tips from Hilda

1. Sit in silence for ten minutes each day.
2. When you wake up in the morning, pray to ask God's guidance for your purpose today.
3. Eat more plants from the ground and eat less that is manufactured in plants (buildings).
4. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
5. Try to make three people smile each day.
6. Don't waste your energy on gossip, energy vampires, issues of the past, negative thoughts, or things you cannot control. Instead invest your energy in the positive present moment.
7. Eat breakfast like a king, lunch like a prince, and dinner like a college kid with a maxed-out credit card.
8. Life isn't fair, but it is good.
9. Life is too short to waste time hating anyone. Forgive them for everything.
10. Don't take yourself too seriously. No one else does.



4th of July Craft



One of our new Corporate Sponsors, StoneyBrook Suites Assisted Living hosted a 4th of July craft making activity at the Center on July 1. Thank you to Brooklynn from StoneyBrook for leading the craft!

Choir News



With great sadness, we have lost our dear friend, George Polak. He was a vital part of groups of musical talents. We will truly MISS HIM. Rest in peace George...you are with us in spirit still.

Summer is here and we are preparing for the Follies in the fall with some great music all are familiar with. Our choir are truly FRIENDS and enjoy singing and making great music. We welcome all to come visit and see if THAT IS FOR YOU. We think you will be amazed at the power all have to sing! No one has to be a soloist but the harmony warms the heart and gives joy to those listening. Think about it--GIVE US A SHOT--WE'D LOVE YOU HERE!

The director, Karen, and assistant director Lori are truly fabulous and so capable. We'd like a great number like the chorus used to be formerly. So COME-TRY US AND realize HOW GREAT YOU ARE! LOVE TO SEE YOU THERE!
Wednesdays at 11 a.m. in the Music Room.

Work Outs for Your Brain

There's no infallible method for preventing Alzheimer's disease, but there are many ways to keep your brain healthy. Heather Snyder, PhD., senior director of medical and scientific operations for the Alzheimer's Association recently shared her top tips



Get crafty. People who engage in arts and crafts, games or social activities at least once a week have a lower risk of developing cognitive problems like Alzheimer's disease. Have you thought about signing up for the new Board Game Group or trying some of the many creative outlets at the Center?

Be active. "Science suggests exercise can help, even if you're already experiencing memory problems," says Snyder. One theory is that an elevated heart rate gets more blood to the brain, and the oxygen it carries is essential brain food.

Keep learning. Attend some of the OATS technology classes or try Suky's language classes. The belief is that learning increases brain connections, so if some become damaged, you'll still have others, says Snyder.

There's tons of ways to exercise both your body and your mind at the Siouxland Center for Active Generations!

2025 Senior Royalty Coronation

Congratulations to our 2025 Senior Royalty who were elected by their peers for possessing qualities that embody the spirit of the Siouxland Center for Active Generations. Larry Armbright and Norma Schager were elected as King and Queen. Rita and Roger Potter were voted in as Duke and Duchess, and Wesley Iseminger and Yvonne Thallas were selected as Count and Countess.



Take Me Out to the Ballgame

Several members of the Siouxland Center for Active Generations got together to enjoy baseball and fireworks with the Sioux City Explorers on July 3rd. A hot and humid evening, it was 90 degrees when the game began. Unfortunately, the Explorers lost the game to the Kane County Cougars, 11-8. However game attendees were rewarded with coupons for free pub pizzas from Old Chicago Pizza and a beautiful fireworks show after the game.



AUGUST BIRTHDAYS

Nancy Allen
Arlin Andral
Maria Andersen
Beth Anderson
Jeanette Beck
Larry Beeson
Tim Bell
Douglas Bently
Joyce Bentley
John Berger
William Binkard
Joyce Bishop
Sharon Blom
Randy Bochmann
Patricia Boden
Katherine A Bousquet
Jim Brehm
Louise Bridgett
Marlys Britton
Wendell Brockman
Marilyn Chamberlain
David Coad
Steve Cook
Paula Crandell
William Crosmer
Patty Dauguste
Debra De Hann
Joyce Dean
David Decora
Gary Dehoff
Sharon Drummond
Dennis Dvorak
Nancy Ehlers
Margo Elzeini
Dale Erlandson
Marvin Fickbohm
Patricia Fischer
Paulette Fletcher
Judy Gibson
Frank Gilbert
Gerri Gill
Esther Girard
Beverly Graber

Susie Green
Connie Guenther
Lonnie Gustafson
Theresa Hammond
Pearl Harrison
Karen Hoag
Robert Holsinger
Norma Huebner
Beverly Hurni
Stephanie Jeochke
Patricia (Pat) Ann Johnson
Roma Johnson
Candy Johnson
Leslie Johnson
Linnea Keane
Donald Kingery
Ruth Kingery
Tom Kingsbury
Joan Krough
Kelly Kueny
Michele Kuhlmann
Kenneth Kummer
Lois Lihs
Sheryl Livingston
Molly Lokhorst
Brian Ludwigs
Elaine Magstadt
Virginia Martin
Marjorie Meinen
William Merritt
Connie Moeller
Connie Moeller
Russell Movall
Ann Mrla
Frank Navrkal
Paula Nelson
Lynn Nice
Dewayne Nicolls
Donna Olson
Candie Palacio
Marsha Pasker
Shirly Patrick

William Pelchat
Steven Pohlman
Terri Porter
Lori Rattei
Kay Reynolds
Patricia (Pat) Riemer
Joanie Rizk
Lois Ruano
Kerry Ruehle
David Sage
Donna Sappingfield
Janet Schwieger
Lisa Severson
Ron Sherrill Sr.
Nancy Shulenberg
Roselyn Skinner
Theresa Skow
Earl Sorgdrager
James Soukup
Delbert Spiegel
Suzan Stewart
Betty Still
Lorraine Stoltze
Shirley Ann Strain
Anne Sullivan
Lucille Swalve
Dorothy Swanson
Louise Tadlock
Donald Tank
Eleanor Tilton
Matthew Tope
Phyllis Towne
Ed Tryon
John Turner
Terry Turner
Marilyn Tyler
Lucy VanValkingburg
Suky Waltmann
Lois Ward
Joann Weber
Lori Ann Winter
Bob Wolf

Welcome NEW Members

Barbara Baker
Bernardine Burke
Beverly Erlandson
Dave Erlandson
Barbara Gill
Debra Gottier
William Hackett
Gay Kennedy
Lois Lihs
Diann Love
Brian Ludwigs
Beverly Miers
Suzanne Rodriguez
Stephen Rodriguez
Austin Rodriguez
Janell Sila
Joan Walker
Karleen Waller
William Wiley
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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.
- The Activities Book is located on the Activities Table next to the Multipurpose Room. Use it to sign up for activities and volunteer opportunities.

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

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.

Normagene Hughes
 Maizie Johnson

Sally Kimball
 John /Sandra Graser

George Polak
 Pam Mears

Dollar-A-Day for a YEAR

Cindy Houlihan
 Donald & Ruth Kingery
 Kenneth Dvorak
 Rolene Beauvais
 Kristine & Todd Bergstrom
 Russell Movall

Robert Steffe
 Grace Wagoner
 David Young
 James/Helen Anderson
 Larry Armbright
 Darlene Coulson

Ted & Kathy Massey
 Gerald & Kathleen Weiner
 Foundation
 Pam Mears
 Don & Rosalie Horsted