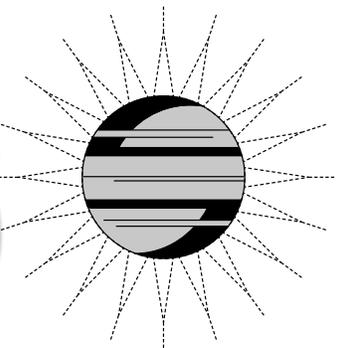


MARCH 2026 SUNSHINE NEWS



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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

Seniors and Technology: Tips for Keeping Up and Staying Connected

As technology continues to advance at a rapid pace, it can be a challenge for seniors to stay current in their knowledge of using computers, phones, and other internet connected devices. Older adults have made great strides in recent years; a new Pew study found that only 10 to 15 percent of seniors age 65+ still do not use the internet. This number has reduced by about 50% in the last ten years. However, the small percentage still in this group face many challenges as modern life often requires the use of websites, email addresses, and online information. As seniors are often marginalized in other ways, this only compounds their problems.

For the 85 percent of older adults that do use the internet, many face challenges when getting their new devices up and running, with three-quarters of those older than 65 saying they need assistance in setting up their electronic devices. During the Covid-19 pandemic, there was a concerted effort to grant seniors access to basic equipment. Now the major identified problem is a lack of technology skills and the quality of hardware and software that seniors are able to access.



Many seniors are resistant to the idea of new technology, let alone trying to learn it. One study found that older adults tend to only try to use technology if they feel it adds value to their

life. Whether that's because they feel that certain technologies are too challenging to learn to use, or they are worried about the safety of the devices, if it doesn't seem like it would add value to their lives, they tend to steer clear.

Why Seniors Should Confidently Embrace Technology

Although technology can be intimidating, as it continues to evolve, it can add immense value to your life. Consider the following benefits:

- Technology promotes connection and communication with loved ones.
- It enhances social engagement. Seniors can feel less alone or isolated when they have access to social media, games, or online groups at the touch of a button.
- It encourages participating in favorite hobbies. Seniors can

find online interest and discussion groups as well as videos that offer tips, tricks, and new ways to enjoy their hobbies.

- Using new technology provides mental stimulation. Both the act of learning a new skill and what you're using the technology to do: read, play games, etc. can challenge the brain.

4 Technology Tips for Seniors to Promote Learning and Confidence



1. Find a Patient Teacher

Not having support when learning how to use new technology is enough to scare any first-timers away. If you are trying to learn new technology, one of the best things you can do is find a patient teacher who is willing to go over things as many times as necessary. Take advantage of the technology classes offered at the Siouxland Center for Active Generations, and the instructors who are willing to meet one on one with you. The Sioux City Library also offers Tech Consultations.

2. Make the Text Larger

Most devices have accessibility features that make the text larger, clearer, and easier to read. If trying to navigate how to increase the text size, consider asking a loved one, technology instructor, or finding a YouTube video that will demonstrate how to do this. If you have a device that has voice assistance, like Siri on Apple products, you may even be able to say something like "Take me to my settings to change my text size."

3. 'Google It'

Struggling to figure out how to adjust certain settings on your phone? Maybe you can't figure out how to download certain apps. Worried that some of the information you've received is accurate or if it's a scam? Or maybe you get frustrated every time you try to get your music to play. Thankfully, there are thousands of instructional videos and tutorials available online. Google is a great tool to get almost any information you could need.

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the Sunshine News

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continued from p.1

4. Find Accessible Devices

Technology can provide seniors with a way to continue doing the things they love, like reading books without having to worry about small print or holding the heavy weight of a big book. Voice-activated assistants can look up and read information, as well as turn on other devices around the home. Another classic example is closed captioned telephones for the hard-of-hearing.

5 Technology Tips for Seniors to Ensure Safety

1. Protect Passwords and Personal Information

This is an important one to protect yourself from hacking and identity theft! When deciding on a password, remember to avoid using keyboard patterns like 12345 or ABCDE. Instead, use a combination of numbers, symbols, uppercase letters, and lowercase letters. Use different passwords for different accounts whenever possible. If a company you have an account with experiences a data breach, hackers will try your email address and password with other popular companies because they know that people often use the same password for multiple accounts. Don't make it easy for them! You can also use a password manager that will create a password with a random combination of letters, numbers, and symbols. Your web browser or password manager program will save the password for you and insert it whenever you need to log into the account.

Never provide your password, credit card numbers, bank account information, or any other personal information when asked in an email or from a website you're unfamiliar with. Always take care to know exactly where any requests for personal information are coming from.

2. Manage Contacts

Screening calls and managing your contacts has never been easier. Add all the people you want to communicate with to the contact list on your phone. If you don't know how to do this, ask a technology teacher or someone you trust to show you how. When you get a call or message from an unknown number, you don't have to answer or respond! If it's someone new who isn't a contact yet, they can leave a message identifying themselves. Add in numbers of healthcare providers and other service providers you use; this will help you avoid picking up scam phone calls. Make sure your voicemail is set up and that you know how to access it.

3. Avoid Scams

In 2020 alone, 2,000 seniors lost over \$100,000 each to scammers. To avoid being a victim of scams, it's important to note the following:

- If something is too good to be true, it likely is. For example, any email or website claiming you won luxurious prizes or inviting you to enter a "free" giveaway in exchange for your personal information, is likely a scam. Don't respond to phone calls, emails, or text messages about special offers or prizes.
- Scammers may also try to steal online information from seniors via email. These emails generally look like they are from credible websites: banking, shopping, etc. to trick seniors into responding with personal information.
- Never provide personal information to someone you don't know. If you're unsure if you are being scammed, reach out to a loved one or the company from which the person is claiming to be.

#4: Keep Anti-Virus Software Updated

Always keep your devices updated. iOS (on Apple products) software updates, for example, happen frequently. For Windows computers, make sure that you restart from time to time so that the latest security updates are installed. On your computer, make sure that you are keeping any anti-virus software updated. Some of these services are free, while others require a subscription. If your service is not free, are you up to date on your payment? This may be vital to keep your devices safe and your subscription active.

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St. Patrick's Day Dinner



Celebrate the Emerald Isle with your friends at the Center! The Siouxland Center for Active Generations will be holding a St. Patrick's Day themed meal. Buy your tickets soon, guests will be served in order of their ticket numbers. The menu will include:

- corned beef and cabbage
- boiled potatoes
- Irish soda bread
- festive desserts

Tickets are \$12 and can be purchased at the front desk.
Tuesday, March 17, 11 a.m. to 12:30 p.m.

Saturday Night Dance Party: Hold On



Des Moines-based variety rock and roll band HOLD ON will be our March performers. With music spanning five decades of classic rock, HOLD ON brings all the elements of a great live performance together, making sure everyone has a great time. Listening to HOLD ON is like playing your favorite

rock n' roll tunes off your playlist, your favorites that you love to get up and dance to, tap your feet to, and sing to! Buy tickets at the front desk. Advance tickets for Center members are \$10. Admission will be \$15 at the door. The cafe will be open for food and drinks beginning at 5 p.m. **Saturday, March 21, 7-10 p.m.**

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 & Kitchen 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.

- | | | |
|----------------|-------------------------|---------------------|
| Anna Kounas | Donna Vitzthum | Marianne Meister |
| Alice Reeg | Kathy Fischer | Connie Schoenberner |
| Will Snyder | Diane Brock | Susie Rodriguez |
| Elaine Waskow | Jeff & Coleen Loffswold | Charlotte Curry |
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Donations

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| Bill Merritt | Deanna Jacobs | Delores Disterhaupt |
| Norma Schager | Kay Plantenberg | |

Technology Class with Pam from Connections: Healthcare & Tech at a Glance

Curious how recent technological advances have changed healthcare? In this lecture, we'll explore how doctors are using cutting-edge tech, like AI and smart devices, to diagnose, monitor, and treat medical conditions. We'll also discuss how patients can use technology to manage and improve their health. We'll cover how to prepare for and what to expect from telehealth appointments, common healthcare wearables, and best practices for using AI for medical information. **Wednesday, March 25, 10 a.m. in the Conference Room**



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

- Bruce Hunkins
- Charter Senior Living
- Guinther Welding & Machine Works
- Mid American Energy Foundation
- Molina HealthCare
- Siouxland Duplicate Bridge Club
- StoneyBrook Suites
- Westwood Nursing & Rehab
- Whispering Creek

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- Sunburst Memorials
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- Westwood Nursing/Rehab
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continued from p.2

Most smart phones do not need 3rd party anti-virus software. In fact, many of these apps are malicious themselves instead of helpful! Make sure to carefully read reviews in your app store or ask for help before downloading any program that supposedly protects or “cleans” your phone.

#5: Be Careful on Social Media

While social media is a fantastic way to connect with family, friends, and interest groups, it can also make it easier for scammers to gain access to personal information. Avoid posting private information such as vacation dates, phone numbers, addresses, pictures of

continued from p.2

your property, or other details that scammers could use to take advantage of you. Set your social media accounts to private, or “share with friends only” so that you have control over who can see what you post.

Remember to never respond to messages from unknown people, even if they claim it’s an emergency. While it may feel like you must react, remain calm, and remember, real emergencies will never be addressed or brought to you via social media.

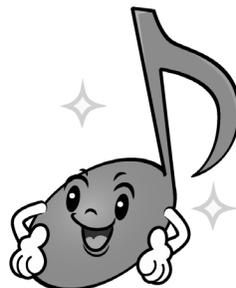
Resources to Help You Learn More

The Siouxland Center for Active Generations wants to encourage you to learn more about technology. We offer classes each month to teach you new skills or introduce you to new innovations such as artificial intelligence and smart home devices. B, our Android phone instructor, has been giving detailed classes helping attendees to get to know the many settings and functions on their Android phones. If you missed these classes the first time around, she will repeat them in future months. Pam Wurster from Connections Area Agency on Aging offers monthly classes on a variety of technology topics. Pam’s classes come from AARP’s Senior Planet, which develops courses to help older adults thrive in the digital age. In addition to Pam’s classes at the Center, anyone can sign up for Senior Planet’s live online classes at seniorplanet.org. B and Pam’s classes take place on Wednesday mornings in the Conference Room. Check the Sunshine News for more information about each month’s classes. In addition, Kristina, SCAG’s Activities Coordinator, is available for one-on-one appointments to assist with computers and other devices.

Choir News

WE ARE BACK IN SESSION NOW! After our holiday break, we are now back to choir sessions and so GLAD! We have such a great time with good friends that love to share harmony to all...are you one of those who loves to share the good news to others? Come for a visit and I think you will be pleasantly surprised that we don't have SOLOS...but good sound!

We welcome all men/women for we have parts to fit all types of voices. The songs the directors select are great and so much fun to sing. Adding to that the joy of performing them for others at various occasions. COME- -we have a GREAT TIME. Everyone is appreciated for sure. You will fit right in, I'm sure. **Wednesdays at 11 a.m. in the Music Room. SEE YOU THERE!**



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March Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

- | | | | | | |
|-----------------|-----------------|------------------|-----------------|-----------------|-------------------|
| Mary Abraham | Beverly Brower | Ernie Colt | Karen Jorgensen | Eileen Mitchem | Danny Unkel |
| Judy Alvis | Gary Cameron | Debra Davis | Raymond Kashas | Connie Moeller | Barb Vakulskas |
| Karen Annis | Lee Chamberlain | Susan Dittman | Deb Lambson | Hilda Pearson | Tom Vakulskas |
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| | | Patricia Fischer | Glenn Metcalf | Connie Scholl | Teresa Worrell |
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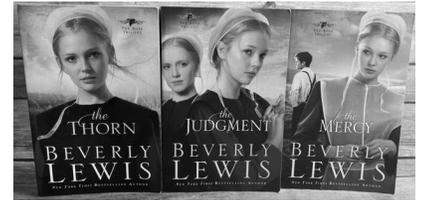
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News from the Library

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March 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:

March 3rdWrite About the Spring Season

March 10th.....Write About the Life of an Astronaut.

March 17th.....Write About the Strength of Women.

March 24thWrite About the Facts of the Gold Rush

FACTS ABOUT THE MONTH OF MARCH

Daylight Saving Time begins Sunday, March 8, 2026. Set clocks

ahead 1 hour. The nights will become lighter and winter starts to fade away. (We will lose an hour of sleep).

1. The birth flower in March is the Daffodil.
2. March 17 is St. Patrick's Day for all who would like to be Irish.
3. March is named for Mars--Roman God of War.
4. Strawberries are the only fruit with seeds on the outside.
5. March "comes in like a Lion and out like a Lamb."
6. "No matter how long the Winter, Spring is sure to follow." (Proverb)

POEM:

Who has seen the wind? Neither I nor you:
But when the leaves hang trembling,
The wind is passing through.

Who has seen the wind? Neither you nor I:
But when the trees bow down their heads,
The wind is passing by.
(Christina Rossetti)

Save the Date for the 2026 Senior Living Fair

Mark your calendars for Sioux City's premier event with information about businesses and services for seniors! **SCAG's 2026 Senior Living Fair will take place on Tuesday, May 19 from 1-3 p.m.** Past fairs have included a wide range of exhibitors representing the areas of medical care, health and fitness, senior services, home care, insurance, recreation, financial planning, transportation, safety, travel, entertainment, volunteer opportunities, grief support, and much more. Our goal is to provide resources that will enrich the lives of seniors in the Sioux City area. If you know any vendors who may be interested in participating, please have them contact Kristina.



WORDS

by Kay Reynolds

Words--simple—complicated—have effects
When read—our minds wonder—forming scenes;
Or accused--bodies prepare to defend/attack
It's the CHOICE we use--POSITIVE or MEAN.

Many have various meanings
That complicate the thought;
But choose wisely as they matter
Harshly—anger--hurt then bought.

Often the choice can truly change one
From doubt--despair to joy—peace;
Let EACH of us choose WISELY
So the violence--chaos of the world can cease.

Negotiate a solution--plan
Demand will turn many away;
Form 2 different factions--disagreements
Then NOTHIN SOLVED--LET TRUTH STAY!

Are we willing to give just a bit
To work a plan where thoughts can agree?
Or "IT'S MY WAY or the highway" approach
Success then can never truly be.

It is UP TO US--each and everyone
To choose ideas to coincide;
So one united plan can go forth
And ALL FACTIONS MAY ABIDE.

Crafts with Bickford

Deb from Bickford Senior Living and Memory Care invites all to visit their facility for an **Easter Craft and Treat Social on Tuesday, March 10 at 1:30 p.m.**
4020 Indian Hills Dr.



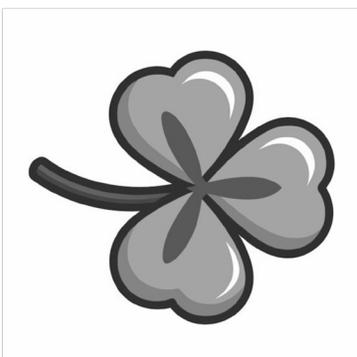
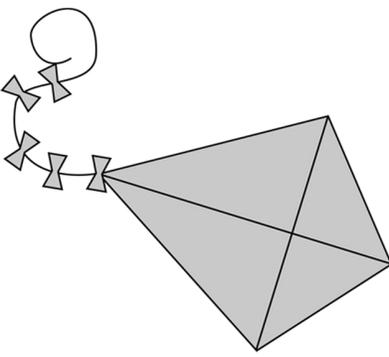
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<p>9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Canasta 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>9:30 am Bible Study 10:00 am Creative Writing 10:40 am Tai Chi (Beginning) 10:30 am SilverSpeakers 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 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance 12:30 pm Painting Class</p>	<p>9:30 am Painting Class 10:00 am Chess 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 Fall lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Lent Service 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio 6:30 pm Lent Service</p>	<p>10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>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</p> <p><i>Featuring The Huckleberrys</i></p> <p>Saturday, March 21 7-10 pm</p> <p>Dance Party with Hold On</p>
<p>23</p> <p>10:00 am Beginning Tap Dance</p> <p>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 Canasta 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>24</p> <p>1-3 pm Jukebox Dance Party</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 SilverSpeakers 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>25</p> <p>10 am Tech Class with Pam from Connections</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 Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Fall lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Lent Service 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio 6:30 pm Lent Service</p>	<p>26</p> <p>1 pm Karaoke</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Beginner Bridge 10:00 am Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>27</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 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>
<p>30</p> <p>10:00 am Beginning Tap Dance</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 Canasta 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>31</p> <p>7:30 am—1 pm Coffee Shop</p> <p>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 SilverSpeakers 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>Daylight Saving Time begins 2nd Sunday in March</p> <p>SET CLOCKS ONE HOUR FORWARD</p> 

March 2026

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
<p>2</p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Senior Companion Meeting 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</p>	<p>3</p> <p>1 pm Craft with Bickford</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, Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</p>	<p>4</p> <p>9:30 am Android Phone Class with B</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 Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Chort Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Lent Service 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio 6:30 pm Lent Service</p>	<p>5</p> <p>10 am Book Discussion Group 1 pm Karaoke 5:00 pm Community Potluck</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 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 Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>6</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 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</p> <p><i>Featuring The Embers</i></p>
<p>9</p> <p>1 pm Birthday Party Musician Alex Erwin Cake sponsored by Care Initiatives Hospice</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 Canasta 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate</p>	<p>10</p> <p>1 pm Craft with Bickford</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 9:30 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</p>	<p>11</p> <p>9:30 am Android Phone Class with B</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 Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Chort Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Lent Service 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio 6:30 pm Lent Service</p>	<p>12</p> <p>1 pm Karaoke</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 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 Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p>13</p> <p>10 am Genealogy Class (2nd Friday)</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:30 am Open Bridge Group 12:00 pm 500 Card Club 1:00—3:30 pm Friday Dance</p> <p><i>Featuring The Singer Family Band</i></p>
<p>16</p> <p>10:00 am Beginning Tap Dance</p> <p>12-1 pm Team Trivia</p> <p>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD)</p>	<p>17</p> <p>11 am St. Patrick's Day Dinner</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</p>	<p>18</p> <p>9:30 am Android Phone Class with B</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</p>	<p>19</p> <p>1 pm Karaoke</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tating 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am Beginner Bridge</p>	<p>20</p> <p>7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group</p>

Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in March. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes.

March 4: All Things Texting: An hour explaining texting, messaging apps, and functionality. (rescheduled from missed February class)

March 11: System Settings: A tour around the settings that control how your phone works.

March 18: Web Browsers: Understanding portals to the World Wide Web, including Google Chrome, Samsung Browser, and their settings.



March Birthday Party: Musician Alex Erwin

Local singer and songwriter Alex Erwin will perform classic rock favorites at the March birthday party. Alex is the lead singer of the indie rock band GhostCat, who recently performed at Saturday in the Park, ArtSplash, and at SCAG's Sioux Year's Eve event. Birthday cake for all will be sponsored by Care Initiatives Hospice. **March 9, 1 p.m. in the Multipurpose Room.**



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- Heart and Stroke
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March Community Potluck Dinner

The March Siouxland Community Potluck Coalition dinner will feature a cozy baked potato bar as the main dish, with plenty of toppings and plenty of room at the table. Everyone is welcome to bring a dish if they're able, but you are never required to bring anything to take part. Activities will include a clothing swap, karaoke, a photo booth, puzzles, and games. Whether you bring a dish or just yourself, come eat with us! **Thursday, March 5, with dinner served from 5 p.m. to 7:30 p.m. and activities until 9 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.

March 6: The Embers

March 13: The Singer Family Band

March 20: The Huckleberrys

March 27: 4 on the Road

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.

March 5: The Irish Goodbye by Heather Aimee O'Neill



Award-winning poet O'Neill turns to fiction with the story of three sisters who return home to Long Island for Thanksgiving. They have not been home together in years, and while they yearn to reconnect, they each carry secrets and losses.

April 2: Don't Let Me Go by Catherine Ryan Hyde



A group of lonely, mismatched neighbors in a Los Angeles apartment building band together to protect a young girl from the foster care system as her drug-addicted mother neglects her in this heart-breaking, funny, and life-affirming story.

Trailblazers Walking Group



Scenes of Milan and Cortina, Italy, sites of the 2026 Winter Olympics, inspired members of the walking group to go for the gold! Together the Trailblazers participants walked 6,486 laps around the building, or 519 miles. Could that be a new world record? With that great distance the Trailblazers could walk across Italy to multiple sites of Olympic competition, from the opening ceremony and ice skating and hockey in Milan to Cortina d'Ampezzo for skiing, bobsled, and luge, to Bormio for snowboarding, and then to Verona for the closing ceremonies!

In March we'll travel to the Emerald Isle in honor of St. Patrick's Day. We'll tour top tourist sites around Ireland such as the Cliffs of Moher, Blarney Castle, the Guinness factory in Dublin, the Rock of Cashel, and St. Patrick's burial site. As you meander through rolling lush hills, dramatic Atlantic cliffs, and central boglands, remember to Walk, Talk, Get Fit! *If you walk at the Center and would like to add your laps to the Trailblazers total monthly distance, write down how many laps you walk on one of the slips of paper on the Trailblazers table and place it in the basket.*

Suky's Classes on Hold for March

Suky will be taking a month off in March for the purpose of rest and rehabilitation for her knee. Her Monday chair exercise classes, as well as Beginning Spanish and Thursday Balance class will be postponed until April. Wednesday Chair Exercise classes may continue with recorded instruction; please ask Kristina if you need help finding and starting those videos.

Mah Jongg Instructor Ellen Christofferson Obtains Certification and Is Featured in National Mah Jongg Book



The leader and instructor of the Siouxland Center for Active Generations' Mah Jongg group, Ellen Christofferson, was featured in a new book called *Tiles That Unite: Portraits of Mahjong Players Across the U.S.* by Sharona Saltzman. The book documents “the people, stories, and shared rituals of mahjong across all 50 states. Featuring over 150 portraits,

the book shows how this centuries-old game continues to connect generations, cultures, and communities throughout the United States.” Author Sharona Saltzman is the founder of Mahjong West Media, where she documents the cultural life of mahjong. She created a mahjong exhibition at New York’s Museum of Chinese in America. The publisher of *Tiles That Unite* reached out to the Siouxland Center for Active Generations to find a Mah Jongg player to represent Iowa in the book. Although states with large populations have profiles of several players, Ellen is the only person from Iowa featured in the book.

Ellen also completed the Instructor Accreditation at the School of American Mah Jongg, an online platform dedicated to teaching American Mah Jongg. Its goal is to elevate the standard of Mah Jongg instruction nationwide. To obtain her certification, Ellen had to take an exam with 85 questions and score at least 90%, as well as get evaluated on a live mock-teaching session via Zoom. Congratulations to Ellen for these wonderful recognitions!

New Beginner Tap Dance Class Offered on Mondays



Would you like to learn to tap dance? The Siouxland Center for Active Generations will soon be offering a beginning tap dance class. Don't be afraid if you've never put on tap shoes before, the class will start from the very

beginning and help you learn no matter what skill level you have. Taught by Cindy Agnes who has at least thirty years of experience teaching dance in local studios. If you enjoy dance, come and try it! **Mondays, March 16, 23, and 30 at 10 a.m. in the Fitness Classroom.** *The class schedule will continue based on instructor availability.*

Bridge News

We enjoyed a social timeout from bridge with a Valentine dinner celebration at Aggies. Check into Diana Howard's Monday morning class if you would like to improve your bridge game. Leon Koster is back with his Thursday morning class for beginning bridge players. All are welcome at both classes. If you like playing party bridge, you may like our duplicate games even more. We have open games every Monday and Thursday afternoon. Novice players have their special game Wednesday mornings. Come join us.

Genealogy

February's Genealogy Class was cancelled. The March class will cover the topic of U.S. Colonial Research that was originally scheduled for last month. Who were your ancestors before the United States of America became a country? Phyllis and Cheryl will help you find your “patriot” relatives, the ones who were around before the Revolutionary War during the years of 1585-1776. Find out how to do research on the time before the thirteen colonies started keeping vital records. Resources covered will be family associations, biographies, useful websites, books such as Families of America, and maps of colonial towns. **Friday, March 13, 10 a.m. in the Classroom**



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Contact Your Legislators



Why is it important to call or write to elected officials about issues that matter to you? While one call or email might not change everything, collective pressure does. Your representatives keep track of what their constituents care about because it impacts their reelection, their policy priorities, and their political leverage.

- It creates a record. Every call is logged, and when enough people reach out on the same issue, it signals urgency.
- It influences decisions. Lawmakers often prioritize issues that generate significant constituent engagement, sometimes even when they personally disagree.
- It holds them accountable. Politicians rely on voter support. Frequent calls remind them they answer to you, not just their donors.
- It fuels momentum. Your call might be the one that tips an issue into broader awareness, making officials take notice.
- Your voice can make a difference! Below is contact information for our Iowa federal legislators. If you'd like contact information for your state or local representatives, or for South Dakota or Nebraska, please see Kristina.

Senator Joni Ernst

Washington D.C. Office

260 Russell Senate
Office Building
Washington, DC 20510
PHONE: (202) 224-3254
FAX: (202) 224-9369

Sioux City Office

194 Federal Building
320 Sixth Street
Sioux City, IA 51101
PHONE: (712) 252-1550
FAX: (712) 252-1638

Senator Chuck Grassley

Washington D.C. Office

135 Hart Senate
Office Building
Washington, D.C. 20510
PHONE: (202) 224-3744
FAX: (202) 224-6020

Sioux City Office

120 Federal Building
320 6th Street
Sioux City, IA 51101
PHONE: (712) 233-1860
FAX: (712) 233-1634

Representative

Randy Feenstra

Washington D.C. Office

2434 Rayburn House
Office Building
Washington, DC 20515
Phone: (202) 225-4426
Fax: (202) 225-3193

Sioux City Office

320 6th Street
Room 112
Sioux City, IA 51101
Phone: (712) 224-4692

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

Lent Church Services Continue in March

Six local Evangelical Lutheran Churches of America have joined together to hold Lenten services at the Siouxland Center for Active Generations on Wednesdays in the season of Lent. Two services will be held, the first in the afternoon from 12:30-1:30 and the second in the evening from 6:30-7:30. All are welcome to attend. **Services will continue on Wednesdays through April 1.**

Scenes from the Center



Clockwise starting at top left: Technology instructor B began teaching a series of Android phone classes. Fun at Mexican Train. Another great workout at SilverSneakers Classic Fitness. Advanced Tai Chi works with swords.

Winter Olympics Birthday Celebration

In celebration of our members with birthdays in February, as well as the 2026 Winter Olympics, the February birthday party featured winter Olympic games. Events included broomstick curling, virtual bobsled, luge, and skeleton, balloon volleyball, and wheelchair biathlon. Congratulations to all of our athletes who participated! Thank you to Mitchell House for donating the birthday cake for the party.



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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MARCH BIRTHDAYS

Larry Bower	Dave Heaton	Carolynn Sue	Judith Somers
Rashel Fiscus	Dorothy Helgason	Miller	Esther Sorenson
Cindy Agnes	Cindy Hofmeister	Margaret Neely	Helen St. Peter
Donna Ailts	Nadine Holst	Dennis Nelson	Gary Stokes
Richard Anderson	Rosalie Horsted	Brenda Oliver	Suzanne Strohbeen
Lola Balstad	Gerald Iversen	Jill Onyegbule	Catherine Sullivan
John Bartholomew	Jesse Ivy	Jean Peterson	Lois Swenson
David Blanchard	Deanna Lee Jacobs	Perry Pickens	Yvonne Thallas
Mary Bottjen	Eric Jenks	Vicki Porter	James B Towme
Beverly Brower	LeAnn Johnkin	Linda Post	Doug Uhl
Jean Carlson	Betty Ann Johnson	Sandy Robbins	Kathryn Uhl
Kent Claus	Lynn Johnson	Austin Rodriguez	John Wakefield
Marv Crim	Charlotte Kock	Maryanne Rose	Karleen Waller
Debbie Delaney	Wayne Kooiker	Katherine Sanders	Delores Watkins
Dennis Derochie	Dennis Krontz	Mary Schager	Ronald Wauhob
Betty Fischer	Vincent LaFleur	Richard Schimmer	Dawn Woodford
Cheryl Funk	Sharon Lillie	Janell Sila	Scott Younie
Rose Gilson	Lois Lubben	Mark Slowiaczek	Paul Zielezinski
Debra Gottier	Peggy Mace	Rev. Michael A.	
John Graser	John Mansfield	Smith	
David Grimes	Sheila Mays	Willard Snyder	

Welcome NEW Members

- Laurie Brinkman
- Carol Franken
- Sandra Frese
- Harlan Halverson
- Mary Halverson
- Kevin Harrington
- Helen Holmberg
- Sandi Jaques
- Pam Kratz
- Jim Marshall
- Brenda Oliver
- Aloma D Patrick
- Sherilee Shapley
- Linda Stouffer
- Roxanne Toel
- Ruth Torres
- Barbara Weakley
- Dawn Woodford

Support Group for Our Center in Planning Stages

SCAG is exploring opportunities for group therapy at our center in cooperation with a local mental health provider. Sometimes members share feelings of grief, hopelessness, and anxiety due to a wide variety of issues. We are hoping that this program will offer a powerful environment for healing by bringing together individuals who face similar challenges, creating a shared space of understanding and mutual support. One of its greatest benefits is the realization that you are not alone, hearing others articulate feelings and experiences that mirror your own. We trust that participants will gain new perspectives as they listen to different coping strategies and problem-solving approaches, often discovering practical tools they can apply in their own lives. The Center's group therapy program will offer an improved quality of life for those adults experiencing: change in energy level, sleep, and weight, change in living conditions, frequent feelings of sadness, guilt, worry, or worthlessness, feeling overwhelmed or stressed due to being a caregiver, new or chronic health diagnosis, or recent loss of a loved one. If you are interested in participating in this Medicare-based program, please contact the office.



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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.

- | | | |
|----------------------|---------------|--------------------|
| Charlotte Curry | Norma Hughes | Kristine Bergstrom |
| John & Sandra Graser | Pam Mears | Franklin Gilbert |
| Maizie Johnson | Sally Kimball | Ted & Kathy Massey |

Dollar-A-Day for a YEAR

- | | | |
|-------------------------------------|---------------------------|--------------------|
| Cindy Houlihan | James & Helen Anderson | Pam Mears |
| Darlene Coulson | Jerry Levay | Robert Steffe |
| David Young | Jon & Grace Wagoner | Rolene Beauvais |
| Don & Rosalie Horsted | Kenneth Dvorak | Russell Movall |
| Donald & Ruth Kingery | Kristine & Todd Bergstrom | Ted & Kathy Massey |
| Gerald & Kathleen Weiner Foundation | Larry Armbricht | |
| | Marsha Jarman | |