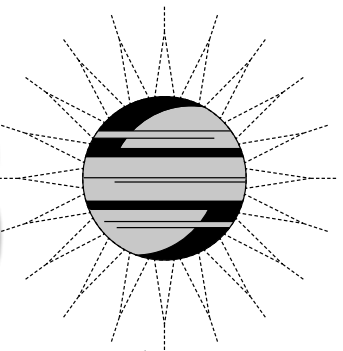


APRIL 2026

# SUNSHINE NEWS



Telephone  
712-255-1729

Number  
568

Published  
Monthly



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

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

**Siouxland Center**  
for Active Generations

## Planting by Nature: How Phenology Tells You When to Garden

*When asked for recommendations about spring planting, master gardener Bev Hall suggested the use of phenology as described by the Farmer's Almanac.*



Most of us may not be familiar with the term “phenology” even though it’s been part of The Old Farmer’s Almanac culture for centuries. Look up almost any weather or farming adage, and you’ll find it is based on phenology. Before seed packets and planting calendars, gardeners looked to the land itself for guidance. When lilacs bloomed, beans went in.

When dandelions appeared, potatoes followed. This time-tested practice—called phenology—uses nature’s seasonal cues to tell us when conditions are truly right for planting. By tuning in to blooms, bird migrations, and leaf-out times, you can garden in rhythm with your local climate and plant with greater confidence each spring.

Phenology is the study of cyclical natural phenomena and events—from bud burst to bird migration—and then letting nature’s timing help you understand when to plant and harvest. Native and ornamental plants act as nature’s “alarm clock” by signaling that temperatures and precipitation are optimal for planting. Since average frost dates are just an estimate, observing the plant and animal activity can be very helpful. While not totally foolproof, following nature’s clock helps us tune in to the rhythm of life around us.

- Blooming crocuses are your cue to plant radishes, parsnips, and spinach.
- When the forsythia is in bloom, it is safe to plant peas, onion sets, and lettuce.
- Half-hardy vegetables, including beets, carrots, and chard, can be planted when the daffodils blossom.
- Look for dandelions to bloom before planting potatoes.
- Perennial flowers can be planted when the maple trees begin to leaf out.
- When quince is blossoming, transplant cabbage and broccoli.
- Wait for apple trees to bloom before planting bush beans.
- When the apple blossoms fall, plant pole beans and cucumbers.

- By the time the lilacs are in full bloom, it will be safe to plant tender annual flowers and squashes.
- Transfer tomato transplants to the garden when lily-of-the-valley is in full flower.
- Full-sized maple leaves signal time to plant morning glory seeds.
- Peppers and eggplant can be transplanted when the bearded irises are blooming.
- When peonies blossom, it is safe to plant heat-loving melons, such as cantaloupe.

### How to Observe Nature’s Cues

What are the seasonal cues where you live? Observe the connection between “firsts” and what’s happening in the yard and garden:

First bud (of various plants)

First bloom (of various plants)

*continued on p.2*

**The Center will be closed for  
Good Friday on April 3.**



*Good Friday*

# the Sunshine News

A monthly publication of the  
Siouxland Center for  
Active Generations,  
located at 313 Cook St.,  
Sioux City, IA 51103  
712-255-1729  
Monday - Thursday  
8 a.m. - 2:30 p.m.  
Friday  
8 a.m. - 3:30 p.m.

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

## Board of Directors

*Barney Pottebaum - Chair*

*Ted Massey - Member*

*Joel Jarman - Member*

*Colby Lessmann*

*Judy Seaman - Member*

*Courtney Ott*

*Alicia Nyreen*

*Cortni Krusemark*

*Judy Turner*

## Executive Director

*Patrick Tomscha*

## Activities Coordinator

*Kristina Yezdimer*

## Membership Coordinator

*Faith Cosier*

Annual Dues — \$75 per Person

Contact us about advertising  
in the Sunshine News

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

*continued from p. 1*



right for planting. Observations made over many years have led to some fairly reliable conclusions! For many gardeners and farmers, nature is more predictable than historic frost dates. However, it's always a good idea to check planting dates by first frost dates as well. See the Farmer's Almanac Planting Calendar to find the best times to plant seeds—based on frost dates as well as Moon-favorable dates.

### *Is planting by phenology more accurate than frost dates?*

Often, yes. Frost dates are averages, while phenology reflects real-time local conditions like soil temperature and weather patterns.

### *Bev also recommends keeping plants in pots over the winter.*

*From Penn State Extension:*

Annuals grown in containers are discarded at the end of the season, but many potted perennials, shrubs and small trees can be maintained over the winter if steps are taken to protect the plants and their containers. The more cold-hardy the plants, the more likely you are to succeed in keeping them alive. The USDA zone hardiness of a plant is based on the plant in the ground. Roots of above-ground container plants can be the same temperature as the winter air. To be safe, go two zones colder with containerized plants, use larger pots (more insulation) and provide some protection. Water the plant well before the soil freezes. Evergreen plants will benefit from an anti-desiccant spray or a screen to block the wind.

The two-pot method involves nesting a potted plant inside a slightly larger, often decorative or insulating, container to create an insulating air pocket, regulate root temperatures, and protect against freezing, drought, or heat stress. It is highly effective for overwintering perennials and growing in harsh climates, often using materials like bubble wrap, foam, or gravel for added protection.

Very large wooden or concrete planters can usually be left in place. It's best not to leave clay, ceramic or glazed pottery pots exposed to the elements since they may crack. If you must leave them out, wrap the pots in bubble wrap or some insulating material covered with plastic to help protect them. There are several methods you can use to protect smaller containers. First, you can bury the entire pot in the ground and cover it with soil or mulch. The surrounding soil acts as insulation.

A second method is to move the pots to an unheated garage, shed, cold frame, or basement. Check the soil moisture periodically, but don't overwater or you may get root rot.

A third method is to group the pots close together in a protected location, water them and cover them with straw, compost, shredded leaves, bark mulch, evergreen boughs, or a thermal blanket. Similarly, one or a few pots can be placed inside a box, larger pot, or wire enclosure around which you have added some sort of insulating material such as bark mulch, straw, packing peanuts, or even bubble wrap. Again, check the soil moisture since dry soil freezes faster than moist soil. In the spring, remove the protective covers gradually to give the plants time to re-acclimate.

For more planting advice, find Bev taking care of the Center's beautiful plants around the building, or visit Iowa State Extension's Yard and Garden website at <https://yardandgarden.extension.iastate.edu>.

# Siouxland Community Potluck Coalition April Dinner



In the month of April, the Siouxland Community Potluck Coalition plans to celebrate so much! Spring is here, and with that comes Easter fun. Join us for an egg hunt from 6pm-6:30pm or until all eggs are found. There will be bunny face painting with free ears from 5-6, while supplies last! We want to celebrate YOU this month, too! In April, we are doing EVERYONE'S BIRTHDAY! Enjoy birthday party games, sweet treats, and each other! Activities will include Pin the Tail on the Donkey, Musical Chairs, Simon Says, Redlight Greenlight, and Freeze Dance in the Multipurpose room from 6:30-7:30

Our events are completely free of charge, because we believe that joy shouldn't have a paywall. Our mission is to bridge the gap between those who have a little extra and those who need a little extra help, creating a space where every person feels valued, welcomed, and nourished—body and soul. Everyone is welcome. Every time. We hope you'll join us for great food, good company, and a whole lot of community love.

Would you like to help out at this event? The Siouxland Community Potluck Coalition needs volunteers to help set up, clean up, and run activities. Please sign up in the Activities Book if you are interested. **Thursday, April 2, 5 p.m.**

## Attention Card Players: Play 500!



500 is a contract plain trick card game that is a cross between Euchre and Bridge. Do you already enjoy playing this game, or would you like to learn? Some of our members would like to find a regular group to play with in the spring and summer. If you're interested, please go to the Meeting Room (the room with card tables across from the gym) on

Wednesday, April 15 and/or Friday, April 17 at noon. Hope to see you there!



## Connecting Daily

Providing your senior care needs:

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

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



### SECURITY NATIONAL BANK

EVERYTHING MATTERS

T 712.277.6500 • SNBonline.com

"Where Quality Counts"

## PRESTIGE Collision Repair Centers

Two Locations:

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

## LEWIS ELECTRIC CO.

508 S Flynn St.  
North Sioux City, SD 57049

Estimates Gladly Given

Ph. 252-2785



Home Health Care Co.

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

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

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

214 W. 7th Street • 800-217-2275

**712-277-2273**

Answered 24 hours a day

*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 Kounsa	Linda Sydow	Laura Collins
Alice Reeg	Judy Johansen	Sherry Heimbecker
Will Snyder	Laura Knutson	Miriam Clayton
Elaine Waskow	Greg & Jackie Hofling	Joan Johnson
Jane Henderson	Connie Schoenberner	Patricia d'Auguste
Sharon Massey	Lola Balstad	Maria Knutson

### Donations

<i>Jennette Domayer</i>	<i>Bruce Hunkins</i>	<i>Louise Tadlock</i>
<i>Evelyn Thompson</i>	<i>Dan DeMarest</i>	<i>Fred Forney</i>
<i>Delores Disterhaupt</i>	<i>Deanna Jacobs</i>	<i>Judy Peters</i>
<i>Anna Kounas</i>	<i>Kay Plantenberg</i>	<i>John &amp; Sandra Graser</i>
<i>Arlene Imray</i>	<i>Nancy Kelly</i>	<i>Carol &amp; Lyle Hughes</i>
<i>Bill Merritt</i>	<i>William &amp; Margaret</i>	<i>Anthony &amp; Paula Nelson</i>
<i>Norma Schager</i>	<i>Foulk</i>	<i>Ron Rolhlena</i>

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
- Sioux City Lions Club

## Active Generations Choir to Perform at the April Birthday Party



To celebrate our members with April birthdays, the Active Generations Choir will be performing some favorite familiar tunes. Listen to their harmonious arrangement of two folk songs, "She'll Be Comin' 'Round the Mountain" and "The

Gospel Train". A patriotic song with words specially written for "the older crowd"--"The Battle Hymn for Seniors" will be sure to amuse and energize you! Synergy Home Care will be sponsoring the birthday cake in honor of their 20th year of operation. Remember, all are welcome to celebrate at the monthly birthday parties, regardless of whether it is your birthday month or not. **Monday, April 13, 1 p.m. in the Multipurpose Room.**

## Corporate Sponsors

- Cardinal Physical Therapy
- Charter Senior Living
- Seniors Helping Seniors
- St. Croix Hospice
- StoneyBrook Suites
- Sunburst Memorials
- Velocity Clinical Research
- Visiting Angels
- Westwood Nursing/Rehab
- Whispering Creek

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

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

 <p><b>Live Well HOME CARE</b>                  WHERE WE HELP YOU LIVE WELL  <b>402-494-9171</b>                  In-Home Care &amp; Transportation                  You can count on!</p>
---

# Meet A Member: Barb Doren

Gift shop manager Barb Doren was born and raised in Sioux City and attended Central High School. After graduation she found work at the Zenith Radio Corporation making radio components through piece work. "We had to work pretty fast. Whatever we would make they would take it to the line." She worked there for three years until she left to get married and raise a family. Barb met her first husband on "the loop" driving around the downtown streets of Sioux City. Barb has two children who live in Elk Point and Sioux City, five grandchildren and six great-grandchildren who are scattered around the country. In her 40s Barb took a good paying job at the phone company MCI as a telemarketer and worked there for eight years.



Barb owns two gray animals, a horse named Spirit and an African gray parrot named Delilah. Spirit is a twenty-eight-year-old half Arabian half quarter horse cross. When Barb got her as an 18-month-old she was pitch black in color. Throughout her life her coat has gone through various shades of gray. Barb says that's how her breed works. Barb often has horse treats in her pockets to give to Spirit who will come running when she sees her. Delilah the parrot is a prolific speaker who picks up whatever she hears. In the morning she drinks tea with Barb out of her own cup. Barb says sometimes Delilah can "catch you off guard" with what she repeats, such as asking "Are you ready?" in the morning as Barb is preparing for her day.

A member of the Siouxland Center for Active Generations for 10 or 11 years, Barb joined after friends encouraged her to do so. For Barb's first visit to the Center, Miriam Clayton, who ran the gift shop at the time, showed Barb around the building. Miriam noticed that on subsequent visits, Barb always enjoyed looking around the gift shop and that she would also drive sales by bringing in other people to look at and purchase items. Miriam asked her if she would be interested in volunteering in the shop and Barb began by volunteering once a week. When Miriam left, Barb took over the management, and now is one of the top ten members for volunteer hours at the Center, putting in 464 hours last year. She enjoys doing it. "People call me the boss," she says, "but I tell people that I am only the boss on Tuesdays. Whoever runs the shop on the other days is the boss for their days." Besides committing to every Tuesday, Barb helps with seasonal merchandise change outs, such as setting up everything related to spring and Easter. "It is easier if there are two people working." She very much enjoys socializing with the people who visit the gift shop and providing a welcoming environment for a nice chat.

Besides working in the gift shop, Barb enjoys walking and having lunch at the Center, as well as attending special events such as the monthly birthday parties and Sioux Year's Eve. At the recent Winter Olympics January birthday party Barb was a participant in the wheelchair biathlon event. She was pushed quickly in a wheelchair by her teammate to a table with a stack of solo cups and tasked with shooting the cups down with a pop ball gun. Another favorite was playing Wheel of Fortune.

Barb's words of wisdom are, "I think people should be kind to one another. Families should be well connected. You don't want something to pass by that you'll regret." Also, "Put your trust in Jesus."

Walk-In Tours  
Welcome!

**712.204.3524**

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

2916 Hamilton Blvd.  
(712) 258-3332  
www.siouxlandhearing.com

Michael Sloniker,  
M.S., CCC-A

Hours: Mon. - Sat. 10 am - 5 pm  
405 Wesley Parkway • 712.258.7790  
www.palmercandy.com

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

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

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

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

**Live Well. Plan Well.  
Leave Well.**

Call 712-255-0131 or 712-276-1921  
to schedule an appointment  
with one of our Family Service Counselors today.

**Experienced local senior care  
for your peace of mind.**

712-212-9246 • 3133 Floyd Blvd  
www.visitingangels.com/siouxland

# April Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Membership Anniversaries	Kent Crandall	Marlis Friesner	Dean Marsh	William Prato	Schubauer
Becky Atkinson	Jean Darnell	Carla Granstrom	Donna Marsh	Bev Reed	Janet Schwieger
Elizabeth Barnett	Debra De Hann	Cathy Herrig	Lynn Nordsiden	Lloyd Rohmiller	Mary Ann Tope
John Cole	Diana DeRocher	Wayne Johnson	sandy Oberman	Maryanne Rose	Doug Uhl
Helen Coury	Jack DeRocher	Shirley Larson	Brenda Oehlerking	Pat Ruge	Lois Zunker
	Margo Elzeini	Lois Lubben	Delores Phillips	Mary Beth	

## Spring Fling Jukebox Dance Party

Spring has sprung, according to the calendar anyway. Let's get florally festive at the April Jukebox Dance Party and tiptoe through the tulips. Bring on the warmer weather with hot songs that remind you of the spring season of your life. Request your favorite songs and dance the afternoon away **Tuesday, April 21, 1-3 p.m.**



**ST. CROIX**  
HOSPICE

*There when you need us the most.*



St. Croix Hospice brings expert care to patients, families and facilities across the Midwest.

855-278-2764  
stcroixhospice.com

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

STOP BY THE FRONT DESK TO  
LEARN MORE

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



**AmeriCorps**  
Seniors

Premier Independent Living & Residential Care Community




*Charter*  
SENIOR LIVING  
of Northpark Place

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

**FOUR... SEASONS** APARTMENTS

**INDEPENDENT SENIOR LIVING**

COMMUNITY EVENTS  
QUIET NEIGHBORHOOD  
FRIENDLY NEIGHBORS  
55+ COMMUNITY



**FOURSEASONSSIOUXCITY.COM / (712) 501-4780**



**Anna Leake – Sales Manager**  
1315 Zenith Drive Suite A  
Sioux City, IA 51103  
712-252-2772  
[www.sunburstmemorials.com](http://www.sunburstmemorials.com)

**JONES PEST CONTROL**



**JAMES W. JONES** SERVING SIOUXLAND SINCE 1980

CALL WEEKDAYS, NIGHTS & SATURDAYS **712-274-2846**

# April 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:

- April 7th..... Write about the 4-H youth organization in America**
- April 14th..... Write about some of your treasured possessions.**
- April 21st..... Write about some of the disasters you have been through.**
- April 28th..... Write about some tough decisions in your life.**

**STRUGGLE CAN BE A LESSON**  
*by Kay Reynolds*

Life can often be a struggle  
Hardships and illness come along  
How we DEAL with it is the key.

Some get down- depressed-  
Others CAN accept this difficulty  
As an example for ALL to LIVE.

With pain, stress, hurt persists  
Our focus seems to go deep inside  
Thinking only of ME--and WHY!

Take the challenge though that is present  
And make it a POSITIVE part  
Showing others HOW to endure pain.

Look to the GOOD around in life  
See nature's wonders--music's gift  
Quiet yourself and live THIS MOMENT.

Make a wish that my pain can do some help  
The others can see their own way through  
Activity--conversations can be a learning tool.

It DOES take a little more effort sure  
But SO WORTHY-to keep alert  
We GAIN, by example, our act of LOVE.

## FACTS ABOUT THE MONTH OF APRIL

1. April is the 4th month of the year with 30 days.
2. April is the first full month of Spring in the Northern Hemisphere.
3. Earth Day is celebrated on April 22nd.
4. The American Civil War began on April 12, 1861.
5. The U.S. Postal Service was founded on April 3, 1789.
6. The Chernobyl nuclear disaster occurred on April 26, 1986, in Ukraine.

POEM---A REAL APRIL DAY  
April for rainbows and for showers  
April for a bright hint of lovely May flowers,  
Best of all times is a real April Day.  
(Herrick)

SAYINGS--The sun was warm, but the wind was chill,  
You know how it is with an April day. (Robert Frost)  
"Spring would not Spring without birds' songs" (Chapman)



## Quilting Club Seeks Sewing Machine, and More Quilters!

Do you have a sewing machine that you would be willing to donate to the Siouxland Center for Active Generations? The quilting club is seeking a machine that they can use for quilting projects at the Center. Your unused machine could help our quilters work together to create many beautiful quilts and quilted items. If you enjoy quilting, or would like to give it a try, join the quilters on **Tuesdays at 9 a.m. in the Conference Room.**

## Bridge News

Spring has sprung; the grass has risen; I wonder where the snowbirds is? Duplicate bridge is lots more fun with more players, so we welcome snowbirds back to our playing tables. We also welcome any new players out there who have been thinking about joining our classes or games. Leon Koster has beginning class on Thursday mornings. Diana Howard has intermediate class Monday mornings. Novice games are played Wednesday morning. Open games are Monday and Thursday afternoons--all here at the Center.

**FREE LUNCH WITH THE ADMINISTRATOR**  
*Please call to set up a date and time.*



**StoneyBrook**  
SUITES  
Assisted Living

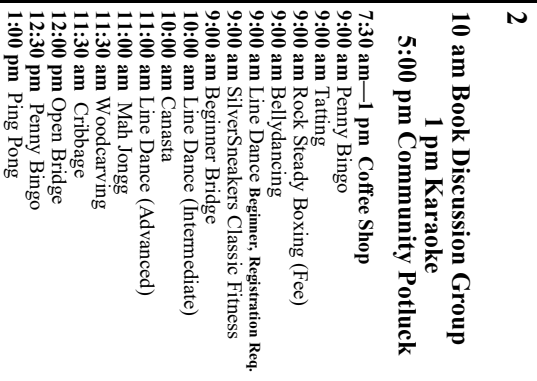
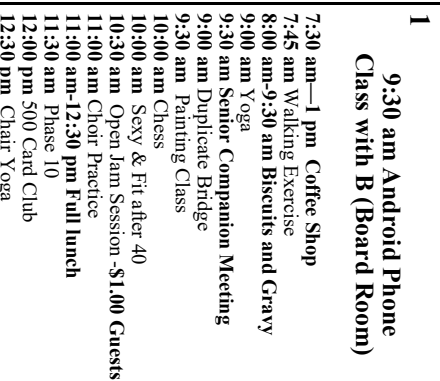
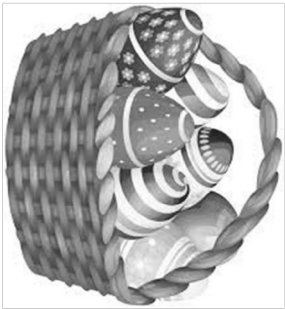
**SAMANTHA VOISINE** - Administrator  
Samantha.Voisine@StoneyBrookSuites.com  
**(712) 259-3179**

301 Dakota Dunes Blvd., Dakota Dunes, SD 57049  
www.stoneybrooksuites.com

*"Life is Sweet in StoneyBrook Suites!"*

<p>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 &amp; 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 Pinocle 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 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 12:00 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 &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> Guests 11:00 am Choir Practice 11:00 am-12:30 pm <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio</p>	<p>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>12:00 pm Card/Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance  <i>Featuring Country Brew</i>  <b>Saturday, April 28 7-10 pm Dance Party with The Fabulous Fitty</b></p>
<p><b>20</b> 10:00 am Beginning Tap Dance  12-1 pm Team Trivia  1 pm Parkinson's Support Group 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 &amp; 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 Pinocle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio</p>	<p><b>21</b> 1-3 pm Jukebox Dance Party 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><b>22</b> 10 am Tech Class with Pam from Connections 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 &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> Guests 11:00 am Choir Practice 11:00 am-12:30 pm <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio</p>	<p><b>23</b> 1 pm Karaoke 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 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><b>24</b> 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 <b>Full lunch</b> 11:30 am Open Bridge Group 12:00 pm 500 Card Club 12:00 pm Bunco-\$1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance  <i>Featuring Roy King and the Rusty Buckets</i></p>
<p><b>27</b> 10:00 am Beginning Tap Dance 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 &amp; 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 Pinocle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio</p>	<p><b>28</b> 10:00 am Talk Show: History of Palmer Candy 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 10:40 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><b>29</b> 9:30 am Android Phone Class with B 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 &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> Guests 11:00 am Choir Practice 11:00 am-12:30 pm <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio</p>	<p><b>30</b> 1 pm Karaoke 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 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><b>1</b> 11 am -1 pm Shredlastic 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 <b>Full lunch</b> 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  <i>Featuring Ed Tryon</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b></p> <p><b>10:00 am Beginning Tap Dance</b> <b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 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 &amp; 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 12:30 pm Chair Yoga 1:00 pm Chair Cardio</p>	<p><b>7</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 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 10:40 am Tai Chi (Beginning) 10:30 am Silversneakers Classic Fitness 11:00 am Belly Dancing 11:30 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><b>1</b></p> <p><b>9:30 am Android Phone Class with B (Board Room)</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 7:45 am Walking Exercise 8:00 am-9:30 am <b>Biscuits and Gravy</b> 9:00 am Yoga 9:30 am Senior Companion Meeting 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -<b>\$1.00</b> Guests 11:00 am Choir Practice 11:00 am-12:30 pm <b>Full lunch</b> 11:30 am Phase 10 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Coloring Corner 1:00 pm Chair Cardio</p>	<p><b>2</b></p> <p><b>10 am Book Discussion Group</b> <b>1 pm Karaoke</b> <b>5:00 pm Community Potluck</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 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 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:30 am Mah Jongg 11:30 am Woodcarving 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong</p>	<p><b>3</b></p> <p><b>10 am Genealogy Class (2nd Friday)</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 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 Open Bridge Group 11:30 am Bunco-\$1 entry 12:00 pm 500 Card Club 1:00—3:30 pm <b>Friday Dance</b></p>
<p><b>13</b></p> <p><b>1 pm Birthday Party</b> <b>Active Generations Choir</b> <b>Cake sponsored by Synergy Home Care</b></p>	<p><b>14</b></p> <p><b>1 pm Craft with Bickford</b></p>	<p><b>15</b></p> <p><b>9:30 am Android Phone Class with B</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 7:45 am Walking Exercise 8:00 am-9:30 am <b>Biscuits and Gravy</b> 9:00 am Yoga 9:00 am Duplicate Bridge</p>	<p><b>16</b></p> <p><b>1 pm Karaoke</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 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</p>	<p><b>17</b></p> <p>7:30 am—1 pm <b>Coffee Shop</b> 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 <b>Full lunch</b> 11:30 am Open Bridge Group 12:00 pm 500 Card Club</p> <p><i>Featuring Jerry O'Dell's Country Flavor Band</i></p>
<p><b>Center Closed for Good Friday</b></p>				



**Center Closed for Good Friday**

# Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in April. 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. **Classes will be held on Wednesdays at 9:30 a.m. in the Conference Room unless otherwise noted.**



April 1 Emails and Gmail: Writing, deleting, and navigating your email. **Class will be held in the Board Room**

April 15: Scams and Spam: EMAIL- Stopping spam emails and knowing how to spot scams.

April 29: Scams and Spam: PHONE- Recognizing scam phone calls and figuring out how to minimize spam calls.



### In-Home Care Services for Seniors by Seniors

- Companionship
- Shopping & Errands
  - Personal Care
- Meal Preparation
- Transportation
- Pet Care & More!

605 • 540 • 0266

siouxlandshs.com

info@siouxlandshs.com

## Technology Class with Pam from Connections: Understanding Fraud & Scams

The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams. **Wednesday, April 22, 10 a.m. in the Conference Room**



## Medicare Advantage and Supplement Plans

*Affiliated with ten different insurance companies.*



### One on One Help with Bruce!

## Bruce Hunkins

### Independent Agent

Iowa, Nebraska,  
and South Dakota

402-709-7314 TTY 711

bahunkins@yahoo.com

- Medicare Supplements
- Life Insurance
- Cancer
- Medicare Advantage
- Part D Drug Coverage
- Heart and Stroke
- Hospital Indemnity
- Dental Insurance
- Home Health Care



### ACCEPTING APPLICATIONS

MARTIN TOWER APTS-SIOUX CITY

1-BEDROOM INCOME BASED FOR SENIORS & DISABLED

712-255-3665 OR 877-521-8750

Leasing@oakleafpm.com



# All Are Welcome to Attend Talk by Chiropractor Dr. Juan Munoz at STYL



The Start Transforming Your Life weight loss support group invites you to a talk by chiropractor Dr. Juan Munoz of Inside-Out Chiropractic. Inside-Out Chiropractic offers care for all ages, focusing on nervous system health to address issues like back and neck pain, headaches, and pregnancy discomfort, and issues

resulting from auto accidents and other injuries. Find out more about their use of red light therapy and SoftWave treatments for muscle pain and weight loss. All are welcome to attend at no cost. The STYL support group is free to join for the first month, then \$5 per month. **Friday, April 10, 10 a.m. in the Conference Room.**



## Saturday Night Dance Party: The Fabulous Fitty



The Fabulous Fitty band plays the golden era of rock ‘n’ roll music from the 50’s and 60’s. You will love the toe-tapping, harmony filled sounds of classic dancing music. The band will perform live many of the greatest and biggest hits from these eras with unparalleled passion and energy for the dancing audience. Their 50s music specializes in the true saxophone sounds of the 50s and their professional saxophone player, Mr. Todd Gurtis, is one of the best in the United States. 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, April 18, 7-10 p.m.**

# Shredtastic Coming Next Month!



Do you have papers piling up at home that you need to get rid of? Bring them to Shredtastic! Credit card statements, old resumes, prescription information, pay stubs, tax records, medical bills, receipts, and anything with your account information are some of the many items that we will securely dispose of for you at our drive-through shredding event. Identity thieves are out there; don’t let them get a hold of your personal identifying information. Shredtastic, sponsored by Connections Area Agency on Aging and Document Depot, is dedicated to protecting seniors from identity theft. Bring items to the Siouxland Center for Active Generations parking lot at the designated times. You may leave staples and paper clips in place. Please do not bring cardboard, plastic, spirals, metal binders, magazines or telephone books. Shredtastic is for personal papers only, no businesses, please. Limit to one trunk load of documents. Donations are welcome and appreciated. **Friday, May 1 in the parking lot from 11 a.m. to 1 p.m.**

## 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. If you would like to participate, copies of the books will be available from Kristina in the Activities Coordinator office.



**April 2:**  
**How Not to Drown in a Glass of Water**  
Cora Romero thought she would work at the factory of little lamps for the rest of her life. In her mid-50s she loses her job in the Great Recession and is forced back into the job market. An endearing portrait of a fierce funny woman.

**May 7: To be announced.**

# Trailblazers



Everyone got to be Irish in March as the Trailblazers tripped across the Emerald Isle, viewing the Cliffs of Moher, stopping for a pint in the local pub, visiting St. Patrick’s burial site, and kissing the Blarney Stone! Congratulations to our intrepid walking group for collectively reaching the total of 6125 laps around the building, which equals 490 miles. That distance will take you the entire length and width of Ireland, plus a long hike through the Mourne Mountains.

In April, we’ll appreciate tulip season by visiting the United States’ so-called largest tulip festival which takes place about 60 miles north of Seattle, in Mount Vernon, Washington. Here, the latitude is similar to that of the world’s largest producer of tulips, the Netherlands. At the Skagit Valley Tulip Festival, millions of tulips burst into bloom across 200 acres of land. annually throughout April (depending on weather conditions). Stroll many miles of grass “Tulip Trails,” which are made more beautiful by the gorgeous North Cascades and Olympic mountains in the background.

Besides the tulip festival, Mount Vernon, Washington, is known for its scenic riverfront setting, historic downtown, and public art. The town serves as a central hub for agriculture and arts in the region. Look for gigantic metallic tulips and the Alpha Helix, an abstract piece created from anti-submarine buoys. The Lincoln Theatre, an elegant venue, has been an integral part of Mount Vernon’s arts scene since it opened in the 1920s. As you tiptoe through the tulips, 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.*

# Choir News

Do you love to listen to good music? Tap your foot to the timing of the beat? Hum to a good tune? THEN COME FIND A PLACE TO DO JUST THAT, CHOIR! The music is great and such fun to sing. Friendship abounds and you can FEEL the Warmth in your heart! You would feel welcome. We desire a large choir for sure. Giving to Others the JOY of HARMONY is worthwhile.

SOPRANO-ALTO-TENOR-BASS??? ...WE HAVE A PLACE FOR YOU...COME-TRY US OUT-YOU'LL LIKE IT! Love to see you there! **Wednesdays at 11 a.m. in the Music Room**



# Talk Show: The History of Palmer Candy



Just down the street from the Siouxland Center for Active Generations is a historic factory making delicious confections that are iconic of Sioux City. Founded in 1878 by E.C. Palmer, Palmer Candy Company is one of the oldest family-owned candy manufacturers in the U.S., now managed by the fifth generation. Palmer's Olde Tyme Candy Shoppe manager Stephanie Conyers will be visiting the Center in April to tell the fascinating story of this fixture of the Sioux City Community. Find out how Palmer Candy has grown and changed throughout its 148 years of existence. **Tuesday, April 28 at 10 a.m. in the Conference Room.**

# Crafts with Bickford

Join Deb from Bickford for a fun craft on the second Tuesday of the month. Sign up in the Activities Book. Limit to 10 people. **Tuesday, April 14, 1 p.m. in the Dining Room.**



**Your next move deserves careful attention.**

Whether you're selling a longtime home, looking for something smaller, or just exploring options, I offer honest guidance and personal service you can trust.

**Reach out today!**

**ASHLEY LEWIS**  
REALTOR®  
Licensed in IA, SD, NE

**712-898-6671**  
ashleykaelewis@kw.com



**KW SIOUXLAND**  
KELLERWILLIAMS

Each office is independently owned & operated.

## Chair Yoga



Breathwork at the beginning of a yoga class isn't just a nice ritual — it's doing several important things for your body and mind right away.

Why start with breathing?

### 1. It shifts you out of “busy mode.”

Most people arrive with a racing mind, lingering stress, or scattered attention. Slow, intentional breathing activates the parasympathetic nervous system, which helps the body move from alertness into a calmer, more receptive state.

### 2. It anchors your awareness.

Breath is the simplest way to bring attention into the present moment. Starting class with breathwork helps you transition from whatever came before into the practice you're about to do.

### 3. It prepares your physical body.

Deep breathing: Warms the respiratory muscles, Increases oxygen flow, Softens tension in the shoulders, neck, and diaphragm, Helps create space in the torso for movement, This makes the physical practice smoother and safer.

### 4. It sets the tone for mindful movement.

Yoga isn't just stretching — it's movement linked with breath. Beginning with breathwork teaches your nervous system the rhythm you'll use throughout class.

### 5. It creates a shared energetic “start point.”

In group classes, breathing together helps synchronize the room. It builds a sense of collective focus and steadiness.

### 6. It's a subtle check-in.

You learn how you're arriving today: Is your breath shallow or tight?, Are you tired, anxious, energized?, Do you need a gentler or stronger practice?, That awareness shapes how you move.

### 7. 7. Relieves stress and anxiety.

Practicing yoga breathing exercises for anxiety signals to

your body's stress response that it's safe to relax and return to a normal state of functioning.

### 8. Improves sleep.

Following these exercises before bed helps to relax your body and mind, allowing you to enter a restful state and stay asleep.

### 9. Promotes relaxation.

You can achieve a state of calm throughout your body and mind by using these exercises, in the same way that practicing yoga breathing exercises for stress relief calms the body.

### 10. Lowers blood pressure.

Yogic breathing can help maintain an ideal level of blood pressure, especially in those who are prone to spikes when under stress.

### 11. Strengthens lungs.

One of the biggest benefits of diaphragmatic breathing in yoga is how it improves respiratory health by strengthening the respiratory muscles and improving the body's airways.

### 12. Improves executive functions.

Improvements to your breathing using yogic breathing exercises help enhance your cognitive functions, including memory and focus.

### 13. Helps manage addiction.

Those working to overcome their addictions can use yogic breathing to reduce cravings and calm their thoughts.

### 14. Increases energy.

The improved oxygen levels and carbon dioxide tolerance within your body after practicing yogic breathing can greatly contribute to your energy levels and athletic performance.

### 15. Boosts immunity.

Since yogic breathing helps to correct your breathing, it also helps you better filter air and thus improve your level of immunity.

### 16. Helps manage symptoms of PTSD.

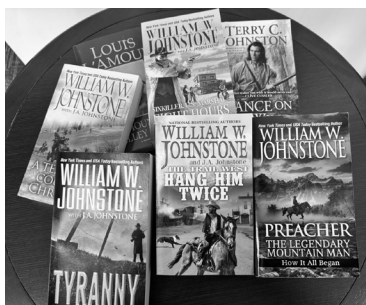
Yogic breathing can be used during periods of high stress to help calm and relax the body and mind. This can help practitioners better cope with the symptoms of PTSD.

From the website Othership.

Yoga quote of the month: Yoga is not about touching your toes. It's about what you learn on the way down. **Come to Chair Yoga in the Fitness Classroom on Friday mornings at 10:00 a.m.**

## News from the Library

Looking for a rootin' tootin' read? The library recently received a huge stack of William W. Johnstone western paperback books, plus a few other western authors. William W. Johnstone westerns are fast-paced, action-packed pulp fiction known for featuring rugged, hyper-competent protagonists, such as Smoke Jensen or Preacher, who dispense justice against evil. Read them for gunfighting action, detailed historical settings, and a straightforward, entertaining style. Come check them out if you take a fancy to this type of tale!



# 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.

- April 3:** Center closed for Good Friday
- April 10:** Jerry O'Dell's Country Flavor Band
- April 17:** Country Brew
- April 24:** Roy King and the Rusty Buckets

# March Birthday Party

We celebrated our members born in March with a fabulous musical performance from Alex Erwin. So many favorite songs! Thank you to Jennifer from Care Initiatives Hospice - Sioux City for bringing the beautiful cakes.



# Mardi Gras Jukebox Dance Party

An afternoon celebrating Fat Tuesday included fun dance music, king cakes, and virgin hurricanes. Congratulations to Cindy and Jan for finding a baby in their slice of king cake and becoming the queens of the party!



# Genealogy

Phyllis and Cheryl are taking a break from Genealogy classes for a while, but are willing to assist you with your genealogy research. You can usually find them in the Dining Room before the Friday dance parties if you have questions or want advice.



**CARDINAL PHYSICAL THERAPY**  
MOVEMENT HEALS  
**402-404-8005**  
 601 W 29th St. Suite B South Sioux City, NE 68776

# APRIL BIRTHDAYS

Christine Warren	Maryanne Deibert	Gene Johnson	Krista Payne
David Abendroth	Glenda DenHerder	Charles Jones	Julia Peterson
Oluwatoyin	Mike Dickson	Robert Kene	Jane Pollard
Adewale	Stephen Dougherty	Gay Kennedy	Coleen Carol Reich
Juanita Alvarado	Beverly Erlandson	Robert Krumwiede	Michael Richter
Lisa Anderson	Dave Erlandson	Sandy Lang	Elizabeth Riddell
Arthur Ashley	Rev Michael	Carol Larson	Euvella Riggs
Carolyn Bauer	Erpelding	Marian Larson	Stacey Rosales
Dianne Bertrand	Dora Franklin	Doug Lehman	Jim Sandman
Jean Bossow	Sandra Fry	Lynette Lenz	Julie Sandman
Karen Bourne	Sharon Georgeson	Delores Lillie	Maggie Satory
Richard Boyle	Kathleen Graham	David Lowin	Steve Shults
Janet Brown	Mary Grasso	Bev Lynott	Wilma Siefker
Mary Lou Burns	Shirley Grimes	Caroline Fae Mace	Judith Smith
Verona Burns	Kesy Groves	Joan Manning	Linda Smoley
Terry Burns	Paula Hafner	Donna Marsh	Julie Stinehart
Sandra	Marilyn Hagberg	Margery Marshall	Fred Stinger
Cadwallader	Carmen Hainey	Rick McFarland	Doug Strobeen
Donald Casaday	Shirley Hammers	Pamela Mears	Jackie Terrell
John Casson	Leo Hammond	Marianne Meister	Karen Tew
Linda Castor	Ann Hand	Susan Metcalf	Janet Thayer
Sharon Cates	Marlene Hansen	Arlene Milbrodt	Eldon Thompson
Phyllis Christiansen	Earl Hilliker	Edward Moran III	Evey Thompson
Linda Church	Don Horsted	Geraldine Morfitt	Rhonda Toben
Charlotte Collins	Monica Hudson	Jerry O'Dell	Paula Tobin
Terry Colt	Jane Hunkins	Caroline O'Kane	Joan Ellen Tozier
Darlene Coulson	Arlene ImRay	Sands	Jean Turner
Richard Coury	Thomas Jacobs	Frank Ostapoff	Sharyn Volk
Helen Coury	Timothy Jacobs	Martin Pasker	Jon Wagoner
Linda Cravens	Loran Joens	Kathy Patterson	Jonni Wahle
Kellye Dailey	Judy Johansen	John Patterson	Lila Wheelen

## Welcome NEW Members

*Laura M Collins*  
*Hong Dang*  
*Debra Delaney*  
*Carol Franken*  
*Sandra Frese*  
*James A Jolin*  
*Bonnie J Junge*  
*Jeanette Kearns*  
*Steven Lill*  
*Terri Sage*  
*Jean Schuurmans*  
*Molly Sokolowski*  
*Dianna Spirk*  
*Ruth Torres*  
*James B Towme*  
*Linda S Vogt*  
*William L Vogt*  
*Mark D Walker*

**Lyle Bakker--Electrician**  
**will install Outlets, Switches, Panels, Ceiling Fans, 24 hrs.**  
**Free estimates & reasonable**  
**712-574-7012 or 712-277-4188**

**In Business Since 1921!**

**KALINS**

**INDOOR COMFORT**

HEATING & AIR CONDITIONING

**Heating • Cooling • Fireplaces**

**Call 712-252-2000**  
**kalinsindoor.com**

**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

*The Heritage*  
at Northern Hills

4000/4002 Teton Trace  
Sioux City, IA 51104



*Winner!*

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

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



**Larry's Steinbrecher**  
**Stump grinding**  
**712-204-5811**

★ Stump Grinding ★

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

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

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

10 am - 6 pm Collectibles  
**Peters Park Flea Market**  
 Sioux City, Ia Antiques  
 3438 Transit Ave. 276-7000 Booths Available  
 7 Days a Week Furniture

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

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

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

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

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

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

The **Sunshine News** is published by the:  
 Siouxland Center for Active Generations  
 313 Cook Street  
 Sioux City, Iowa 51103  
 TELEPHONE 712-255-1729

Non-Profit Organization  
 U.S. Postage  
**PAID**  
 Sioux City, Iowa  
 Permit No. 138

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

**Membership Information**

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.
- 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	Maizie Johnson	Sally Kimball	Ted & Kathy Massey
John & Sandra	Normajeane Hughes	Kristine Bergstrom	Dorothy Swanson
Graser	Pam Mears	Franklin Gilbert	

## Dollar-A-Day for a YEAR

<p><b>Cindy Houlihan</b>  <b>Darlene Coulson</b>  <b>David Young</b>  <b>Don &amp; Rosalie Horsted</b>  <b>Donald &amp; Ruth Kingery</b>  <b>Gerald &amp; Kathleen Weiner</b>  <b>Foundation</b></p>	<p><b>James &amp; Helen Anderson</b>  <b>Jerry Levay</b>  <b>Jon &amp; Grace Wagoner</b>  <b>Kenneth Dvorak</b>  <b>Kristine &amp; Todd Bergstrom</b>  <b>Larry Armbright</b>  <b>Marsha Jarman</b></p>	<p><b>Pam Mears</b>  <b>Robert Steffe</b>  <b>Rolene Beauvais</b>  <b>Russell Movall</b>  <b>Ted &amp; Kathy Massey</b>  <b>Marsha Pasker</b>  <b>Normajeane Hughes</b></p>
--	---	---