

# September 2022

Questions? Call (712) 255-1729 OPEN: Monday- 8-2:30 p.m. Tues-Friday 8:00 am-2:30 p.m., Fridays 3:30 p.m. Schedules subject to change

Monday

Tuesday

Wednesday


Thursday

Friday




5

**WE WILL BE CLOSED ON  
LABOR DAY**



**6**  
**Crafts with Diana**  
1 pm  
9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Tatting  
9:30 am Wellness Screening  
9:30 am Painting Class  
9:30 am Bible Study  
10:00 am Open Bridge Group  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
10:30 am Silver Sneakers Classic Fitness  
11:00 am Belly Dancing  
11:00 am Jazz Dancercise  
11:30 am Mexican Train  
11:30 am Unlucky 7 Dice Game  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 **Rock Steady Boxing (fee)**  
12:30 pm Penny Bingo  
12:30 pm Tap Dance  
1:00 pm Crafts with Diana  
1:00 pm Painting Class

**7**  
8:20 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am SilverSneakers BOOM  
9:00 am Chess  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -\$1.00 Guests  
11:30 am Phase 10/5 crowns  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 pm 500 Card Club  
12:00 pm Bridge -Mens  
1:00 pm Coloring Corner




**8**  
9:00 am Penny Bingo  
9:00 am Silver Sneakers Classic Fitness  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Senior Yoga (CD)  
9:00 am Line Dance-(Beginner)  
10:00 am Line Dance-(Intermediate/Advanced)  
11:00 am Line Dance (Advanced Beginner)  
11:00 am Woodcarving  
11:00 am-12:30 pm Sunshine cafe lunch  
10:00 am Canasta  
12:00 Rock Steady Boxing (fee)  
12:00 pm Cribbage  
12:30 pm Mah Jongg  
12:30 pm Penny Bingo  
1:00 pm Ping Pong  
1:00 pm SilverSneakers BOOM

**9**  
**10:30 am Genealogy Class**  
(2nd Friday)  
9:00 am Fitness with Dixie  
9:00 am SCRABBLE  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S.-meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
12:00 pm 500 Card Club  
12:00 pm Card/ Board Game Group-Misc.  
12:30 pm Open Craft Time  
1:00-3:30 pm **Friday Dance**  
**Featuring**  
**Country Brew**


12

**1:00 p.m. Birthday Party**  
(2nd Monday)  
**Hosts: Staff / Volunteers**  
**Entertainment: Beginner Tappers**  
8:20 am Walking Exercise  
9:00 am Senior Yoga (CD)  
9:30 am Bridge Lessons  
10:00 am Knitting & Crocheting  
10:00 am SCRABBLE  
10:00 am Tai Chi (Advanced)  
11:00 am Belly Dancing  
11:00 am Woodcarving  
12:00 pm Pinochle  
12:00 pm Bridge-Duplicate  
1:00 pm Birthday Party



**13**  
9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:00 am Rock Steady Boxing (Fee)  
9:30 am tatting  
9:30 am Painting Class  
9:30 am Bible Study  
10:00 am Open Bridge Group  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
10:30 am Silver Sneakers Classic Fitness  
11:00 am ~~Belly Dancing~~  
11:00 am Jazz Dancercise  
11:30 am Mexican Train  
11:30 am Unlucky 7 Dice Game  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 **Rock Steady Boxing (fee)**  
12:30 pm Penny Bingo  
12:30 pm Tap dancing  
1:00 pm Painting Class  
1:00 pm Ping Pong

**14**  
8:20 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am SilverSneakers BOOM  
9:00 am Chess  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -\$1.00 Guests  
11:30 am Phase 10/5 crowns  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 pm 500 Card Club  
12:00 pm Bridge -Mens  
1:00 pm Coloring Corner



**15**  
9:00 am Penny Bingo  
9:00 am Silver Sneakers Classic Fitness  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Senior Yoga (CD)  
9:00 am Line Dance-(Beginner)  
10:00 am Line Dance-(Intermediate/Advanced)  
11:00 am Line Dance (Advanced Beginner)  
11:00 am Woodcarving  
11:00 am-12:30 pm ~~Sunshine cafe lunch~~  
10:00 am Canasta  
12:00 Rock Steady Boxing (fee)  
12:00 pm Cribbage  
12:30 pm Mah Jongg  
12:30 pm Penny Bingo  
1:00 pm Ping Pong  
1:00 pm SilverSneakers BOOM


**16**  
9:00 am Fitness with Dixie  
9:00 am SCRABBLE  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S.-meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
12:00 pm 500 Card Club  
12:00 pm Card/ Board Game Group-Misc.  
12:30 pm Open Craft Time  
1:00-3:30 pm **Friday Dance**  
**Featuring**  
**4 on the Road**

19

8:20 am Walking Exercise  
9:00 am Senior Yoga (CD)  
9:30 am Bridge Lessons  
10:00 am Knitting & Crocheting  
10:00 am SCRABBLE  
10:00 am Tai Chi (Advanced)  
11:00 am Belly Dancing  
11:00 am Woodcarving  
12:00 pm Pinochle  
12:00 pm Bridge-Duplicate  
1:00 pm SilverSneakers BOOM

**20**  
9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:00 am Rock Steady Boxing (Fee)  
9:00 am tatting  
9:30 am Painting Class  
9:30 am Bible Study  
10:00 am Open Bridge Group  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
10:30 am Silver Sneakers Classic Fitness  
11:00 am Belly Dancing  
11:00 am Jazz Dancercise  
11:30 am Mexican Train  
11:30 am Unlucky 7 Dice Game  
11:00 am-12:30 pm **Sunshine Cafe Lunch**  
12:00 **Rock Steady Boxing (fee)**  
12:30 pm Penny Bingo  
12:30 pm Tap dancing  
1:00 pm Painting Class  
1:00 pm Ping Pong

**21**  
8:20 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am SilverSneakers BOOM  
9:00 am Chess  
9:30 am Sioux City History Talk: Victorian Arc  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -\$1.00 Guests  
11:00 am Fall Prevention Class with Robyn Mellang  
11:30 am Phase 10/5 crowns  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 pm 500 Card Club  
12:00 pm Bridge -Mens  
12:30 **Tea Party and Craft**  
1:00 pm Coloring Corner



**22**  
**12:30 Fall Tea Party and Craft**  
**\$3.00 fee**  
9:00 am Penny Bingo  
9:00 am Silver Sneakers Classic Fitness  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Senior Yoga (CD)  
9:00 am Line Dance-(Beginner)  
10:00 am Line Dance-(Intermediate/Advanced)  
11:00 am Line Dance (Advanced Beginner)  
11:00 am Woodcarving  
11:00 am-12:30 pm Sunshine cafe lunch  
10:00 am Canasta  
12:00 Rock Steady Boxing (fee)  
12:00 pm Cribbage  
12:30 pm Mah Jongg  
12:30 pm Penny Bingo  
1:00 pm Ping Pong  
1:00 pm SilverSneakers BOOM

**23**  
**Shredastic**  
**11am-1pm**  
9:00 am Fitness with Dixie  
9:00 am SCRABBLE  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S.-meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
12:00 pm 500 Card Club  
12:00 pm Card/ Board Game Group-Misc.  
12:30 pm Open Craft Time  
1:00-3:30 pm **Friday Dance**  
**Featuring**  
**Ed Tryon's Big Band Sounds**

26

8:20 am Walking Exercise  
9:00 am Senior Yoga (CD)  
9:30 am Bridge Lessons  
10:00 am Knitting & Crocheting  
10:00 am SCRABBLE  
10:00 am Tai Chi (Advanced)  
11:00 am Belly Dancing  
11:00 am Woodcarving  
12:00 pm Pinochle  
12:00 pm Bridge-Duplicate  
1:00 pm Balance Class with Azria

**27**  
9:00 am Fitness Logic with Lee  
9:00 am Penny Bingo  
9:00 am Rock Steady Boxing (Fee)  
9:00 am tatting  
9:30 am Painting Class  
9:30 am Bible Study  
10:00 am Open Bridge Group  
10:00 am Creative Writing  
10:00 am Tai Chi (Beginning)  
10:30 am Silver Sneakers Classic Fitness  
11:00 am Belly Dancing  
11:00 am Jazz Dancercise  
11:30 am Mexican Train  
11:30 am Unlucky 7 Dice Game  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 **Rock Steady Boxing (fee)**  
12:30 pm Penny Bingo  
12:30 pm Tap dancing  
1:00 pm Painting Class  
1:00 pm Ping Pong  
1:00 pm Crafts with Diana

**28**  
8:20 am Walking Exercise  
9:00 am Yoga w/Dixie  
9:00 am SilverSneakers BOOM  
9:00 am Chess  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:30 am Open Jam Session -\$1.00 Guests  
11:30 am Phase 10/5 crowns  
11:00 am-12:30 pm **Sunshine Cafe lunch**  
12:00 pm 500 Card Club  
12:00 pm Bridge -Mens  
1:00 pm Coloring Corner



**29**  
9:00 am Penny Bingo  
9:00 am Silver Sneakers Classic Fitness  
9:00 am Rock Steady Boxing (Fee)  
9:00 am Senior Yoga (CD)  
9:00 am Line Dance-(Beginner)  
10:00 am Line Dance-(Intermediate/Advanced)  
11:00 am Line Dance (Advanced Beginner)  
11:00 am Woodcarving  
11:00 am-12:30 pm Sunshine cafe lunch  
10:00 am Canasta  
12:00 Rock Steady Boxing (fee)  
12:00 pm Cribbage  
12:30 pm Mah Jongg  
12:30 pm Penny Bingo  
1:00 pm Ping Pong  
1:00 pm SilverSneakers BOOM

**30**  
9:00 am Fitness with Dixie  
9:00 am SCRABBLE  
10:00 am Chair Yoga with Kaye  
10:00 am T.O.P.S.-meeting  
(Take Off Pounds Sensibly)  
11:00 am Jazz Dancercise  
11:00 am Karaoke  
11:30 am Open Bridge Group  
11:30 am Mixed Media Art Class/ Vivian Miller  
12:00 pm 500 Card Club  
12:00 pm Card/ Board Game Group-Misc.  
12:30 pm Open Craft Time  
1:00-3:30 pm **Friday Dance**  
**Featuring**  
**4 on the Road**