

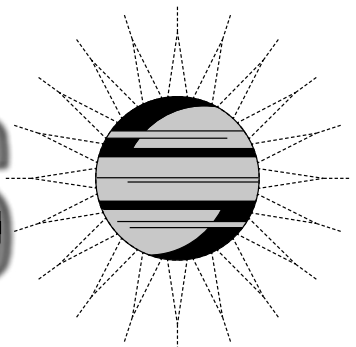
SUNSHINE NEWS

JANUARY 2025

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712-255-1729

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Siouxland Center
for Active Generations

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

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

Let's Dance

by Claire Sibonney, from Reader's Digest March April 2024, rewritten by Hilda

Dance for Medicine

Helena Blumen, a cognitive scientist at Albert Einstein College of Medicine in New York City, says the intricate multitasking that dance requires engages various parts of the brain at the same time which can lead to the strengthening of neural connections across different regions. Basically, dancing requires more brain power than simpler repetitive exercises. It is socially demanding, cognitively demanding, and physically demanding. In dance we learn patterns. We have to think symmetrically and asymmetrically. We have to remember sequences.

In 2018, researchers at Otto von Guericke University in Magdeburg, Germany did MRI scans of older adults who had participated in one of two programs, dance or a traditional exercise program with cycling and strength training. Both



improved their level of physical fitness, however the dancers grew more white and gray matter in the parts of the brain responsible for cognitive processes such as working memory, attention and high-level thinking.

Both white and gray matter typically decline as we get older, making communication in the brain lag and certain cognitive thinking tasks such as multitasking and problem solving tougher. Together, the researchers hypothesize, these brain changes contribute to more neuroplasticity, which is the brain's ability to form new connections and pathways. Imagine your brain is like a city with loads of roads and pathways. Brain plasticity is akin to the city's ability to build new roads, repair old ones, or even change the direction of traffic depending on what is needed. With the dance group, there was an increase in blood plasma, a protein that plays a crucial role in developing brain plasticity.

A 2022 study found social ballroom dancing was associated with reduced atrophy in the hippocampus, a brain region that is key to memory functioning and is particularly affected by Alzheimer's disease. Other studies have found the benefits of dance help with Multiple Sclerosis, autism, depression, and, in a Finnish study, traumatic brain injury.

Dance as Body Acceptance

Dance can help people accept what they can and can't do, making it easier to live with whatever condition they have.



Dance as Community

Dancing with others makes people feel less different and it helps combat the loneliness and isolation of living with chronic disease.



Research continues to try to pinpoint the most effective types of dance movements and the optimal length and frequency of classes, and who in terms of age or disease progression would benefit most. There are so many opportunities to dance at the Siouxland Center for Active Generations, from line dancing to belly dancing, from specific classes to social events-- at the Friday and Saturday night dances, the Jam Session and the Jukebox Parties. (Speaking of dance classes, Jane Hunkins will be teaching another round of beginning ballroom sessions next month.) No matter which style you choose to move your body to music, get out on the dance floor and build some brain matter!

the Sunshine News

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

Beginning Dance Lessons with Jane in February



Ballroom dance instructor Jane Hunkins will teach beginning lessons on Fridays in February. The cost will be \$20 per person for four classes (\$5 per lesson.) Learn to waltz and social foxtrot. Sign up in the Activities Book, pay when class begins.

**February Fridays: 7, 14, 21, 28,
11:30-12:30 in the Fitness Classroom**

January Birthday Party: Family Feud

To honor our members with January birthdays, we will have a grand game of Family Feud. Bring your thinking cap and gather a group to play this game show favorite! Each table in the Multipurpose Room will be a team. Come up with the most popular answers to survey questions to succeed in the game. Wrong answers may not get you the win but may be successful in bringing out laughter from the crowd. Prizes will be awarded to the winning team. Thank you to Medigold for sponsoring the birthday cake. **Monday, January 13, 1 p.m.**



Talk Show: Understanding Estate Planning and Power of Attorney

Charter Senior Living of Northpark Place invites you to a workshop to help you plan for your future with guest speaker Katy Rehan from Smith Pauly Law. Important legal actions that you can take to protect your assets and ensure that your health care needs will be met if you are incapacitated will be discussed. A free continental brunch will be provided.

Please RSVP by 1/17/25 by signing up in the Activities Book or call 712-255-1200.

Tuesday, January 21, 10-11 a.m. in the Conference Room



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Friday Dances



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

January 3: Ed Tryon
January 10: Jerry O'Dell's Country Flavor Band
January 17: The Huckleberrys
January 24: The Embers
January 31: Country Brew

Bridge News

Winter is a good time for indoor games. Calling all bridge players! Our brains need exercise as much as our bodies. Duplicate bridge is a great way to have fun and exercise your brain at the



same time. We have open games Monday and Thursday afternoons. Newer players are welcome on Wednesday mornings. That morning game is a fun way to meet other new bridge players without worrying about maybe making a mistake. Everybody makes mistakes. Intermediate classes are online Mondays at 9 A.M. until spring. Beginning classes are 9 A.M. Thursdays at the Center. Our annual Christmas party was enjoyed by all. It gave us an opportunity for players at all levels to get acquainted.

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:

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Gift Shop & Library Donations

So many individuals generously donate each month to various parts of the Siouxland Center for Active Generations. Following is a list of those who donated recently. We thank them for their thoughtfulness.

Willard Snyder	Miriam Clayton	Kenneth Dvorak	Normagene
Mary Marx	Alice Reeg	Judy Peterson	Hughes
Evey Thompson	Audrey Ercolini	Helen Erikson	Elaine Waskow
JoAnn Reynolds	Rosalie Horsted	Sue Headley	Helen Bundy
			Dale Erlandson

Genealogy Class

The topic of January's genealogy class will be "How to bring your family story alive." Genealogy class leaders Phyllis and Cheryl will begin by helping you celebrate your "imperfect ancestors." Not all of our relatives are royalty or accolade-winning people, some are black sheep! Find out how to verify whether the family stories about them are true with newspapers, census records, town histories, biographies, and online tools like Relative Finder. Beginning in 2025, Genealogy Class will begin a half hour earlier, at 10 a.m., on the second Friday of the month. January's class will be held **January 10 at 10 a.m. in the Classroom.**

Trailblazers

In December, the Trailblazers enjoyed a make-believe visit to the town of Rovaniemi in the Lapland region of Finland. While strolling by the ice hotel, the steaming sauna, the inviting Christmas market, and Santa's Village, the Trailblazers walked an amazing 1,892.5 laps, or 151.4 miles, which is like walking half of the 300 miles of snowmobile trails located in the town.

Let's switch from a cold Christmassy place to the tropical island of Barbados to give us warm thoughts in the month of January. Barbados is an island country in the Lesser Antilles of the West Indies in the Caribbean. It is known for its stunning beaches and as the birthplace of rum. It offers shipwreck snorkeling and many interesting landmarks. Bridgetown, its capital and largest city, is a major tourist attraction, featuring the Caribbean's oldest cricket grounds and turtle watching. As you imagine the sea breezes and the sand between your toes, remember to Walk, Talk, Get Fit!



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Chair Yoga

Why do people make New Year's resolutions? It's a chance to start over, a chance "to make things right." New Year's resolutions help give you a sense of control, the belief that you can be responsible for changes in your life. Common resolutions include losing weight, quitting smoking, and fitness goals.

I have a New Year's resolution recommendation for you to consider, and that's strengthening your core. Strengthening your core muscles may help back pain and lower the risk of falls. Core exercises can help you reach your fitness goals. The core muscle groups include the abdominals, the obliques (located on the sides of the body), the back, the pelvic floor, the spine, and the diaphragm. Signs of weak core muscles are lower back pain, bad balance, difficulty with getting up or down, and difficulty standing for long periods of time.

Some exercises to strengthen core muscles are:

Seated leg raises: Sit tall at the back of your chair. Lean back and raise your legs. Hold for 2 seconds. Lower legs back to the ground.

Seated dead bug: Sit in your chair with good posture. Take a deep breath and flex your abs. Slowly raise both hands to be out in front of you, parallel to your face. Raise one arm above your head. Keeping your abs braced, slowly lower your arm, then repeat on the other side. Repeat 8 - 12 times.

Seated twist: This exercise softens and loosens the back and upper chest. It builds flexibility on the neck, shoulders, and torso.

1. Sit in your chair with good posture and with your back off the chair.
2. Bend your knees at a 90-degree angle.
3. Make a fist with your hands and hold them next to each other in front of you.
4. Tighten your core.
5. Bring your balled up hands from one side of your legs to the other.
6. Follow your hands with your head.
7. Repeat 8-12 times.

What the new year brings to you will depend a great deal on what you bring to the new year.

Chair Yoga meets Fridays at 10:00 a.m. in the Fitness Classroom.

Kaye Plantenberg






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January Yearly Membership Anniversaries

Just a reminder that these awesome members are celebrating another year of membership here at the center in the month of January with possible dues due this month. Please stop in my office and we can check your due date. This is not a naughty list! To those of you on the list that have already paid, my apologies!! Thanks! Faith Cosier, Membership Coordinator

Kay Adam	Charlotte Collins	Deborah Frith	Donald Kingery	David Schable	Leo Thornton
Brian Adam	Gerold Collins	Donald Fylstra	Ruth Kingery	Kathryn Schable	Marcus Tibbe
Bridget Agriopoulos	Timothy Conlon	Mary Grause	Shavonne Kopal	Norma Schager	Phyllis Jean Todd
Lois Albertson	Darlene Coulson	Gary Grause	Leon Koster	Mary Jane	Lucy
Bill Ames	Anne Cowley	David Grimes	Ruth Koster	Shanahan	VanValkenburg
Walter Anderson	David Cox	Shirley Grimes	Cheryl Kounas	James Shelley	Teresa Vanderlinden
Arthur Ashley	Dorothy Crim	Carolyn Guenther	Paula LaBrune	Carol Shimitz	Walker Dixie
Charleen Ashmore	Kellye Dailey	Cynthia Guthmiller	Jerry Levay	Karen Smith	Elaine Mary
Carolyn Bauer	Susan Danilson	Colleen Guy	Sharon Lillie	Esther Sorenson	Waskow
Rodney Bauman	Dean Danilson	Beverly Hall	Suzanne Lundgren	Duane Sorenson	Michelle Watkins
Kathryn Beacom	Leslie Davis	Patrick Halligan	Virginia Martin	Sandra Spiegel	Ronald Wauhob
Linda Beeson	Jim Davis	Robin Halligan-	Mike Miller	Robert Steffe	Lois Weber
Tim Bell	Dena Derby	Thompson	Sharon Miller	Lori Stivers	Bob Wolf
Phyllis Bennett	Sharon Drummond	Cleo Harder	Calvin Mohrman	Doug Strobeen	Carolyn Wolf
Marilyn Berke	Joann Emerson	Susan Headley	Marion Moore	Suzanne Strohbeen	David Young
Carol Berzina	Linda Engel	Dave Heaton	Kathleen Morfitt	Dorothy Swanson	
Donald Bourret	James Ewing	Janet Hein	Jane Morrissey	Larry` Swayer	
Perriann Boyce	William Ferguson	Jane Henderson	Madonna Moss	Karen Tew	
Robert Brewer	Sue Fey	Vince Henrichsen	James Mothershead		
Gail Brown	Helen Foix	Gary Herbst	Dewayne Nicolls		
Jean Bumsted	Fred Forney	Orline Herbst	Karen Nielsen		
Helen Bundy	Sandra K (Sandy)	arvid Hilliker	Earl Oleson		
Mary Lou Burns	Fravel	Greg Hofling	William Pelchat		
Michael Burns	Joellen Fravel	Iris Hofling	Jane Pollard		
Sherry Caba	Pat Frazee	Diana Hueschen	Rita Potter		
Vesta Clausen	Roberta Friessen	Darwin Hurni	Randy Rahn		
		Deanna Lee	Dennis Rattei		
		Jacobs	Lori Rattei		
		Thomas Jacobs	Mary Ratzsch		
		Betty Ann	Dale Rawson		
		Johnson	Cheryl Raymond		
		Teresa Johnson	Terrell		
		Wayne Ray	Coleen Carol Reich		
		Johnson	Dean Reinart		
		Gary Johnson	Kurt Riemer		
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		William Julius	Robbie Rohlena		
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January Creative Writing Themes

Do you have a story to tell? Join us every Tuesday at 10 a.m. You may write about a topic of your choice or just come and listen to the stories others share. Our Creative Writing story telling themes for the month are:

Jan 7th Write on the New Year, 2025.

Will it be a challenge?

Jan 14th Write on how the winter weather concerns you!!

Jan. 21st..... Write on Dr. Martin Luther King saying, "I Have a Dream!"

Jan. 28th..... Write on inspirational quotes or poems that you like!!

They are angels in disguise
Healing bodies, hearts, and soul;
Being Christians--on regular tasks
Results show that eases one's life's toll.

Go forth and work to be better
Others will see and follow in their own way;
So--on and on--the ball turns gaining ground
Placing prayers and actions at His feet to lay.

The Master will beam and say to all--
"THAT'S MY CHILD--just watch him go."
The heavens will rejoice in praise
For our faith will then definitely show.

BE AN EXAMPLE TO OTHERS
LET HIS MESSAGE GO ROUND THE WORLD!

FACTS ABOUT JANUARY

1. January zodiac signs are Capricorn and Aquarius.
2. January is the coldest month in the Northern Hemisphere.
3. New Year's Day is the most celebrated holiday around the world.
4. Chocolate milk is an effective post-workout recovery drink.
5. In 1908, the first New Year Ball drops at Times Square, NYC.
6. In 1977, President Carter pardoned Vietnam War draft evaders.

January Verse:

Laugh when you can,
apologize when you should,
Let go of what you can't change,
Life's too short to be anything...
but happy. (Anonymous)

Prayer:

May the angels bring you blessings,
peace, and harmony on this New Year.
(2025)

Those Who Care

by Kay Reynolds

There are many among us now
With talents they have
they show real love;
Let us go about doing good will
We are watched for all from above.

They DON'T ask for fame
or even reward
Just doing the BEST they can--
To aid in any way that helps others
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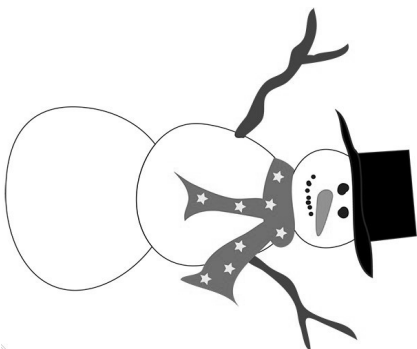


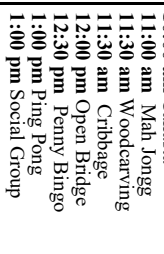
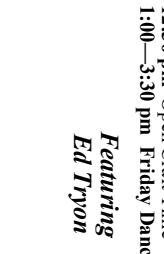
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<p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:00 am Knitting & Crocheting</p> <p>10:00 am Tai Chi (Advanced)</p> <p>10:00 am Tens Card Game</p> <p>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Pinochle</p> <p>12:00 pm Bridge-Duplicate</p>	<p>9:30 am Painting Class</p> <p>9:30 am Bible Study</p> <p>10:00 am Creative Writing</p> <p>10:00 am Tai Chi (Beginning)</p> <p>10:30 am SilverSneakers Classic Fitness</p> <p>11:00 am Belly Dancing</p> <p>11:00 am Mah Jongg (experienced players)</p> <p>11:30 am Jazz Dancercise</p> <p>11:30 am Mexican Train</p> <p>11:30 am Unlucky 7 Dice Game</p> <p>12:30 pm Penny Bingo</p> <p>12:30 pm Tap Dance,</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>	<p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>The Huckleberrys</i></p>
<p>20</p> <p>12-1 pm Team Trivia</p>	<p>21</p> <p>10-11 am Estate Planning and Power of Attorney with Charter Senior Living</p>	<p>22</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga w/Dixie, Live Well Home Care</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>23</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>10:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>24</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting (Take Off Pounds Sensibly)</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>The Embers</i></p> <p>Saturday, January 25, 7-10 p.m. Saturday Night Dance Party featuring Marksmen Lite</p>
<p>27</p> <p>1 pm Parkinson's Support Group (4th Monday)</p>	<p>28</p> <p>2-4 pm Jukebox Dance Party</p>	<p>29</p> <p>1:00 pm Sip and Paint with Amera Senior Living</p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>8:00 am-9:30 am Biscuits and Gravy</p> <p>9:00 am Yoga w/Dixie, Live Well Home Care</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy & Fit after 40</p> <p>10:30 am Open Jam Session -\$1.00 Guests</p> <p>11:00 am Choir Practice</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Phase 10</p> <p>12:00 pm 500 Card Club</p> <p>12:00 pm Bridge –Men</p> <p>12:30 pm Chair Yoga with Suky</p> <p>1:00 pm Coloring Corner</p> <p>1:00 pm SilverSneakers Chair Fitness</p>	<p>30</p> <p>1 pm Karaoke on the stage</p> <p>7:30 am—1 pm Coffee Shop</p> <p>8:15 am Spanish Class</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tating</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Bellydancing</p> <p>9:00 am Line Dance Beginner, Registration Req.</p> <p>9:00 am SilverSneakers Classic Fitness</p> <p>9:00 am Beginner Bridge</p> <p>10:00 am Line Dance (Intermediate)</p> <p>10:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 am Mah Jongg (beginner lessons offered)</p> <p>11:30 am Woodcarving</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p> <p>1:00 pm Ping Pong</p> <p>1:00 pm Social Group</p>	<p>31</p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness with Dixie</p> <p>10:00 am Chair Yoga with Kaye</p> <p>10:00 am T.O.P.S meeting (Take Off Pounds Sensibly)</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Open Bridge Group</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm Buncos-\$1 entry</p> <p>12:00 pm Buncos-\$1 entry</p> <p>12:00 pm Card/ Board Game Group-Misc.</p> <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><i>Featuring</i> <i>Country Brew</i></p>

January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<div></div>	<div></div> <div>CENTER CLOSED FOR NEW YEAR'S EVE</div>	<div></div> <div>CENTER CLOSED FOR NEW YEAR'S DAY</div>	<div></div> <div>2 10 am Book Discussion Group 1 pm Karaoke on the stage</div>	<div></div> <div>3 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am–12:30 pm Fall lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm 500 Card Club 12:00 pm 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 Ed Tryon</i></div>
<div>6 12-1 pm Team Trivia</div>	<div>7 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 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 11:30 am Mah Jongg (experienced players) 11:30 am Jazz Dancercise 11:30 am Mexican Train 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong</div>	<div>8 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 w/Dixie, Live Well Home Care 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 11:00 am–12:30 pm Fall lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness</div>	<div>9 1 pm Karaoke on the stage</div>	<div>10 10:00 am Genealogy Class (2nd Friday)</div>
<div>13 1 pm Birthday Party (2nd Monday) Family Fued <i>Cake donated by Meligold</i></div>	<div>14 1 pm Snowman Craft with Bickford 2-4 pm Jukebox Dance Party</div>	<div>15 10 am Technology Class: Google Drive</div>	<div>16 1 pm Karaoke on the stage</div>	<div>17 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am–12:30 pm Fall lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club</div>
<div>7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD)</div>	<div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee)</div>	<div>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 w/Dixie, Live Well Home Care 9:00 am Duplicate Bridge 9:30 am Painting Class</div>	<div>7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tasting 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am SilverSneakers Classic Fitness 10:00 am Beginner Bridge 11:00 am Canasta 11:00 am Mah Jongg 11:30 am Woodcarving 12:30 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group</div>	<div>7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring Jerry O'Dell's Country Flavor Band</i></div>
<div>12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness</div>				

2025 Saturday Night Dance Party Schedule

We're excited to share the lineup of the fabulous bands that we've booked so far for our 2025 Saturday Night Dance Parties. Join us for exciting nights of wonderful musical performances and the enjoyment of dancing and socializing with your friends at the Center. Come be a part of the fun from 7-10 p.m. on these select nights. The cafe' will be open before each performance with food and drinks for purchase.

January 25: Marksmen Lite



We liked their November performance so much we asked them back immediately! Dust off your dancing shoes and get ready to show off your

moves. The Marksmen Lite band plays a great mixture of country, western, and rock. Their concerts are always a good time. You may have seen several of the members performing with Country Brew at the Friday dance parties.

February 22: The Huckleberrys



Our favorite local rock stars Chopper Pelchat and Denny Feauto, with jack-of-all-instruments Ed Tryon and drummer Mark Mussack have years of experience performing

rock and country music to enthusiastic crowds. You've enjoyed them on Fridays; now come out for a special Saturday night with the Huckleberrys. Chopper will make the famous Coney Island Dogs before the performance!

March 22: The Fabulous Fitty Band



The Fabulous Fitty plays the Golden era of rock 'n' roll music from the 50's and 60's. You will love the toe-tapping and 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.

April 26: Hold On



Des Moines based variety Rock and Roll band HOLD ON will be our April 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!

May 17: Galaxy



Midwest All-Music Hall of Fame band Galaxy will return to play their phenomenal mix of 50's, 60's, and 70's rock and country favorites. The

4-member band consisting of keyboard, guitar and drums, always delights the crowd with their "out of this world" performances and we look forward to having them return to the Siouxland Center for Active Generations

June 21: Jammers



The Jammers, a 5 piece band from LeMars and Sioux City, play the best mix of 50's & 60's music with a bit of 70's thrown in for fun. Center member Denny Wurster formerly played guitar for the Jammers and they played to a packed house at the May 2023 birthday party. In 2018, the Jammers were Inducted into the Midwest All Music Association Hall of Fame.

July 19: Surfin Safari



Surfin Safari is an oldies (50'-70's) rock band based out of Sioux Falls. Established seven years ago with five musicians who

share a passion for the ever-popular Oldies and Golden Oldies music genres, the band performs the songs in the original style of the era. A favorite at Storm'n Norman's, several of their members have played professionally for many years, have backed famous musicians such as John Denver, Dicky Lee, and Waylon Jennings, and have been honored by their respective state's music hall of fame.

Crafts with Bickford



In December, our members enjoyed creating a snowman hat with Deb and Liz from Bickford Assisted Living and Memory Care. In January, our friends from Bickford plan to lead the group in making a snowman craft. Sign up in the Activities Book if you would like to participate. Limit to 10 participants. **January 14, 1 p.m. in the Dining Room**

Older Adult Technology Series with Pam from Connections: Using Google Drive

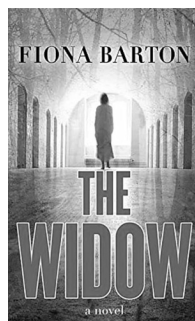
If you have a Gmail address, you have access to free storage through Google Drive! Drive acts like a virtual hard drive where you can store many types of files and access them from any device with an internet connection. In this hands-on workshop, you'll create and upload folders to Drive and organize your files within folders. We'll also go over sharing folders with others. Bring your laptop, tablet, or phone to practice and explore all that Google Drive has to offer. **Wednesday, January 15, 10:00 a.m. in the Conference Room**



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.

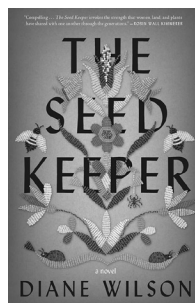
January 2: *The Widow* by Fiona Barton



Following the twists and turns of an unimaginable crime, *The Widow* is an electrifying debut thriller that will take you into the dark spaces that exist between a husband and a wife. When the police started asking questions, Jean Taylor turned into a different woman. One who enabled her and her husband to carry on when more bad things began to happen...

But that woman's husband died last week. And Jean doesn't have to be her anymore.

February 6: *The Seed Keeper* by Diane Wilson



A haunting novel spanning several generations, *The Seed Keeper* follows a Dakhóta family's struggle to preserve their way of life, and their sacrifices to protect what matters most. Winner of the Minnesota Book Award.

Bake Sale Proceeds



Thank you very much to everyone who brought in treats for or bought them from the bake sale in December. The bake sale raised \$464 for the Center which will help with the heating costs for the building this winter.

New Activities at the Center

Do you want to try something new in 2025? Check out these new offerings for classes and activities. Do you have an idea for an activity that is not currently offered at the Siouxland Center for Active Generations? Talk to Kristina about it and she'll see if she can help you make it happen!

Tens Card Group



Tens is a fun card game that is simple to learn. Start with four cards played facedown and four cards played face up. Tens are wild and

that's where the name of the game comes from. The goal is to match or play lower than the cards in play and get rid of all of the cards in your hand. Points are awarded at the end of each round. Game play goes to 500 points with the winner scoring the lowest number of points. The Tens group is looking for more players. Everyone is welcome and they will teach you to play. Join in the fun on Mondays at 10 a.m. in the Classroom

Spin Class



Pat would like to begin a spin class in the boxing room. Spin classes, also known as cycling classes or spinning, are high-intensity, indoor cycling workouts that involve riding a stationary bike to the beat of music.

- What to expect An instructor guides participants through a series of exercises, such as sprints and climbs, at different speeds and resistance levels. Spin classes are usually 30–45 minutes long and can burn hundreds of calories.
- Benefits Spin classes are a total body workout that targets major muscle groups, including the glutes, quads, calves, and core.
- When? The class would take place Tuesdays and Thursdays at noon for 30 minutes. Please add your name to the interest sheet in the Activities Book if you would like to participate.

Stained Glass Class



Are you interested in learning the beautiful art of stained glass? Learn the basics of the craft and work on a group project to create an art piece for the Center. Sign up in the

Activities Book and state your availability to participate in a new class.

Twenty Questions Team Trivia



What 1970s daredevil supposedly got his rhyming nickname after crashing his motorcycle while being chased by police as a teen?

Exercise your brain and have fun with friends at Team Trivia! Bring your smarty-pants friends and form a team or join one of our existing groups. Work together to come up with the correct answers, everyone is welcome! The winning team will be awarded prizes and bragging rights. **Team Trivia will be played on Monday, January 6 and Monday, January 20 at noon in the Dining Room.**

The answer is Evil Knievel

Your Neighborhood Coalitions

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

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

Westside Coalition
United Lutheran
315 Hamilton Blvd
3rd Thursday of each
month at 7:00PM

January Jukebox Parties

January 14, 2-4 PM: Snowy Day Soiree

Let's celebrate the frosty season. Wear white or a cozy winter outfit. We'll make some fake snow and drink hot chocolate while we dance in a winter wonderland to your favorite party songs. Give Kristina your requests; points for songs with winter or snow in the title or lyrics. Hopefully there won't be real snow that day!



January 28, 2-4 PM: Tropical Island Party

At this point in the month, we may have had enough of winter. Although it's cold outside, it'll be hot on the dance floor at the Center! We'll play some songs to get your blood pumping and to make you think warm, tropical thoughts: Blue Hawaii, the Banana Boat Song, maybe some samba and salsa. Wear Hawaiian shirts or anything that makes you feel like you're on a tropical island getaway.



December Birthday Party Christmas Sing-along

To celebrate our members with December birthdays, Lori Jessen, the accompanist from the Active Generations Choir, led the party attendees in singing traditional Christmas carols such as Silent Night, Jingle Bells, and Up on the Housetop. It was a lovely time joining our voices in song and experiencing the magic of the season together.



Choir News

**A BRAND NEW YEAR-A FRESH NEW START-
DO SOMETHING YOU'VE NEVER DONE BEFORE!**

Have you ever sung Karaoke? Do you sing along with tunes in the car or hum songs that your mind can't get rid of? Well take that moment and then go farther--the Senior Choir does just that! We sing as a group, so no solo voices but parts. We are

welcoming people WILLING to SHARE GREAT JOY. We are like family and all in unison make beautiful music and SHARE! We are now doing sing outs at various places and are well received. We SO ENJOY doing it for others...a warmth in our hearts...COME CELEBRATE GOOD MUSIC-FELLOWSHIP-and WARM YOUR HEART TOO!

Premier Independent Living & Residential Care Community



SENIOR LIVING
of Northpark Place

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

A new year...what better way to try something new--come give us a shot and enjoy. We WELCOME ALL VOICES. We are down in male voices due to illness, so we really welcome them. We want to make the choir grow to a larger size--and share the joy with new members--so COME--SHARE--BLEND INTO SONG and SHARE WARMTH! Kay Reynolds
MEET: MUSIC ROOM WED 11-12
WELCOME ALL ABOARD
CHOIR WILL NOT MEET IN JANUARY

How to Reduce Unwanted Phone Calls

From <https://consumer.ftc.gov/articles/national-do-not-call-registry-faqs>

The National Do Not Call Registry is designed to stop unwanted sales calls from real companies that follow the law. It's free to register your home or cell phone number. To add your number to the registry, go to DoNotCall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you want to register. It is free to get on the list. If you register your number at DoNotCall.gov, you'll get an email with a link you have to click on within 72 hours to complete your registration. Your phone number should show up on the Registry the next day, but it can take up to 31 days for sales calls to stop. To check whether your number is on the Registry, go to DoNotCall.gov or call 1-888-382-1222 from that number. Your registration will never expire. The FTC will only remove your number from the Registry if it's disconnected and reassigned, or if you ask to remove it.

The Registry is a list that tells registered telemarketers what numbers not to call — but it doesn't block calls. So being on the Registry won't stop calls from scammers making illegal calls. Unfortunately, scammers don't care if you're on the National Do Not Call Registry. That's why your best defense against unwanted calls is call blocking and call labeling. Here's how to block and report unwanted calls on cell phones and home phones:

Download a call-blocking app

One of the best ways to block unwanted calls on a cell phone is to download a call-blocking app, which acts like a filter. The company behind the app uses call data or reports from users, the FTC, and other sources to predict which calls are illegal or likely scams. The app then intercepts those calls before they reach you. Some apps are free, but others charge a fee.

To get a call-blocking app

- Go to the online app store for your phone's operating system (iOS (Apple), Android, etc.) and look at ratings for different apps. Look online for expert reviews on call-blocking apps.
- Check out the list of apps at ctia.org, a website from the wireless industry. The site lists apps specific to Android, BlackBerry, iOS (Apple), and Windows.
- Apps usually let you choose how to respond to calls they flag as scams. Apps might stop calls, let calls through to your phone but keep it from ringing or send calls straight to voicemail.

Apps also let you do things like

- block calls based on the geographic location or area code of the incoming call
- let you create lists of numbers to block, or lists of numbers to let through
- send a prewritten text message to the caller
- report it to the FTC at DoNotCall.gov, or, if you lost money to the scammer, at ReportFraud.ftc.gov
- Some apps access your contacts list, so know whether that's important to you. The app's privacy policy should explain how it gets and uses your information.

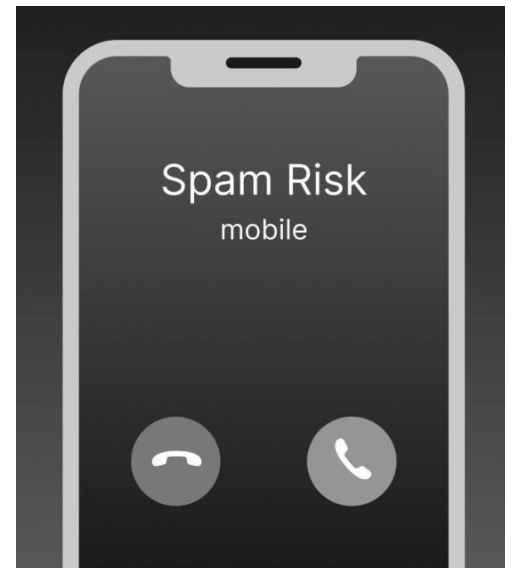
Check the built-in features of your phone

- Many cell phones have settings that let you block calls from specific numbers, though there might be a limit to how many numbers you can block. Cell phones also usually have features like Do Not Disturb, where you can set the hours that calls will go straight to voicemail.
- Check your phone provider's website or call customer service to find out what call-blocking or call-labeling services it offers or recommends. Some services are free, but others might charge you a fee.

Install a call blocking-device on a landline phone

If your home phone is a traditional landline that doesn't use the internet (VoIP), consider buying and installing a call-blocking device. Call-blocking devices are usually small boxes you attach to your phone. Some devices use databases of known scam numbers but let you add numbers you want the device to block. Other devices rely on you to create and update your own list of numbers to block. Some use lists to stop unwanted calls, send calls to voicemail, show a blinking light when an unwanted call comes in, or connect callers to a recording with options so a real caller can still get through. Some devices also use lists of approved numbers. That helps you limit which calls get through, or lets you set up "do not disturb" hours when calls go straight to voicemail. Other devices try to weed out robocalls by playing a prerecorded message prompting callers to press a number to continue the call.

For links to company-specific information about blocking calls, go to the Federal Communications Commission's (FCC's) Call Blocking Resources.



JANUARY BIRTHDAYS

Bruce Albertsen	Dixie Kaye Gors	Bev O'Hara
Renate Ames	Tom Grunig	Carol Perrin
Pamela Anderson	John Guenther	Judy Peters
Dennis Ard	Beth Harms	Dianna Pike
Beverly Bates	James Heiling	Patricia Price
Linda Beeson	Thomas Hildebrand	Carolyn Ramsaran
Carol Berzina	Sue Hubert	Elvin Rasmussen
Linda Blom	Brenda Hudson	Carol Ratcliff
Terry Borg	Lynda Hughes	Cheryl Raymond Terrell
Perriann Boyce	Vikki Jacobs	Brian Riddell
Diane Brock	Greg Jensen	Ronald Ridgway
Maggie Brockman	Bonnie Johme	Marisela Riverra
Darlene Burson	Jeannette Johnson	Sandra Rol
Theresa Card	Teresa Johnson	Tim Sachtjen
Norma Carr	Alvin Johnson	Jerry Sandford
Ruth Chancey	Joan Johnson	Henrietta Scholten
Ellen Christofferson	Gary Johnson	Patricia Simon
Kent Crandall	Judith Johnson	Larry Swayer
Jim Davis	Ken Keairns	Donna Thurow
Diana DeRocher	Judy Keith	Marcus Tibbe
Homer Dewitt	Clark Kleinberg	Doug Tudehope
Lloyd Diede	Faye Krueger	Ray Turner
Lynn Dostad	Gary Lipshutz	Norma Ulmer
James Ewing	Neil Magnusson	Carol Goulette
Beverly Fiedler	Mary Marx	Linda Vandiver
Carol Forney	Jan Masteller	John Vermilyea
Donna Foxhoven	Barbara Meier	Harold Ward
Sandra K (Sandy) Fravel	Glenn Metcalf	Helen Wedmore
Pat Frazee	Kathleen Morfitt	Jeanette Wendt
Marlis Friesner	Bill Mrla	Otto Wilczek
Karen Fry	Sharon Murphy	Dorothy Winter
Martin Girard	Susan Nolen	Karen Young
Linda Glorfield	Roberta O'Dell	

January NEW Members

John E. Johnson
Robert Corey
Frank Froehlich
Steven Gordon
Tom Grunig
LeAnn Johnkin
Bethany Manning
Leslie L. Marshall
Maurice McLey
Terrence Mcallister
Pat Mcley
Patricia Murray
Vicki Porter
Suzan Stewart
Beth Ann Thiele
Joan Van Nyhuis
Pat Walsh
Rick Wellenstein
Donald Wulf

Memorials

SCAG Choir for JoAnn Martin

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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.

Maizie Johnson
 Pamela Mears
 Don Schultz
 Don Casaday

Normagene Hughes
 George Polak
 Charlotte Curry
 Sally Kimball

Sandra Grazer
 John Grazer

Dollar-A-Day for a YEAR

Robert and Nancy Nelson
 Russell E. Movall
 Bob Hightower, Jr.
 Grant & Pamela Mears

Ed Tryon
 William & Margaret Foulk
 Dorine and Seymour Livine
 Joel Jarman

Cindy Houlihan
 Donald & Ruth Kingery
 Jon & Grace Wagoner
 Kenneth Dvorak