

JANUARY 2026

SUNSHINE NEWS

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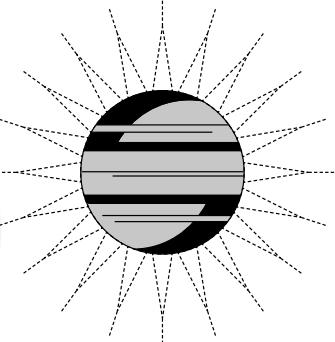
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Our mission is to enrich the quality of life and support independence and vitality for our members.

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



Siouxland Center
for Active Generations

What's Your New Year's Resolution?



Are you making a New Year's resolution for 2026? The beginning of a brand new year can be the perfect time for self-reflection, a time to think of new possibilities and a fresh start. Members and staff at the Center were asked to share what their goals and hopes were for 2026. The most popular category for

resolutions was health, with respondents pledging to take steps towards improving their physical well-being and eating habits. Jean Bumstead: "I've already started eating better. I've lost quite a bit of weight."

Richard Schimmer: "Lose weight by cutting out all of the cake and sweets."

Roy Wineinger: "Eat less."

Nancy Osterbuhr: "Lose weight."

Donna Ailts: "Try to get healthier." Donna said she might try attending the balance class this year.

Dan Poston: "Stay healthy. Eat good food, no chocolate. Listen to my doctor."

Lyle Henry III, SCAG's cook, said that he plans to continue to focus on his health in 2026. He has recently been taking the time to visit his doctor and make sure all his levels are in the healthy range. Although visiting medical professionals used to make him nervous, he has decided to develop a positive attitude about making appointments to manage all of his health concerns and to get them under control. Although he is only 58, he has decided to be proactive about trying to prevent common health issues from affecting him down the road. Lyle has been cooking a lot of healthy soups for himself, cutting down on sugar, and eating less

fast food. He says he feels less sluggish as a result. His goal is to be around longer for his grandchildren.

Ben Cunningham said that he was planning to quit smoking in 2026 but he already did it because a recent health issue "gave me a wakeup call." He also got his wife to quit so there would be less temptation for him in their home. They both feel much better as a result.

Activity Coordinator Kristina Yezdimer plans to "Do something about the 14,000 photos saved on my phone. I am always taking pictures of things happening at the Center. Eventually I am going to run out of storage and I need to figure out what to do with all of these pictures. My resolution is to set a goal to deal with a few of them every day to make it manageable. If I come up with a good storage solution, maybe I'll share my experiences at a future technology class."

Jon Wagoner and Vicky Bentson both wished for "world peace," expressing concern about the current trouble and strife around the globe.

Donnie Cassaday said his resolution was "Coming to the Center more often to sing, dance and visit." Cleo Spence said she just tries all the time to "Live a good life."



Several members decided to give humorous responses to the New Year's Eve resolution question. Ninety-six-year-old Bridget Agriopoulos said, "To stay alive one more year. The same resolution as last year." A couple of our morning walkers ribbed each other. Donna Vitzthum said, "Be nicer to Ken (Dvorak)," and Ken replied, "I doubt that will happen."

Adrian Hansen, 101 years old, answered, "Ask my wife."

Roberta O'Dell: "Get along with my husband."

Many people said that they do not make New Year's Resolutions because they found that they have had trouble

continued on p. 2



**The Center will be closed on
Thursday, January 1 and Friday January 2
HAPPY NEW YEAR!**

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.

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*continued from p. 1*

keeping them in the past and did not want to set themselves up for failure. If you are planning to make a New Year's resolution in 2026, here are some tips to make it stick. Make a specific and realistic resolution, then break it into tiny steps. Focus on adding good habits rather than just quitting bad ones. Find someone to check on you and encourage you to stick with your plan. Plan for slip-ups with backup strategies. Track your progress and reward yourself for milestones to build lasting change. Consistency with small, manageable actions is key to creating sustainable habits, not drastic overhauls.

Whatever your goals are this year we encourage you to take advantage of the many opportunities at the Siouxland Center for Active Generations. There are so many options for exercise, activities that will keep your mind active, and socializing with others who will help keep you motivated!

## Meet a Member: Michele Kuhlman



I was born and raised in Sioux City. I took a short detour to South Dakota, but then returned. I went to Heelan for high school, graduating in 1972. I have a B.A from Briar Cliff College and an MSW from the University of Iowa. I'm a clinical social worker in mental health. I've worked with domestic violence, combat vets, military sexual abuse and the chronically mentally ill.

Tim Sachtjen is my significant other. I have three daughters and a stepson and stepdaughter. We have eleven grandchildren and seven greatgrandchildren including a set of twins.

At the Center, I've learned to play Canasta, which I love. I also volunteer in the library and enjoy puzzles. I've been trying to get a quilting group started. I enjoy visiting with other members.

Something about me that not many people may know is that when I was in the ninth grade I placed 3rd in a city-wide writing contest for high school freshmen. Also, I have been friends with my best friend for sixty-one years. I love doing genealogy research and have solved some family brick walls.

Words of wisdom that I would like to share are, "Be the reason that someone smiles."

## Beginning Dance Lessons with Jane

Ballroom dance instructor Jane Hunkins will teach beginning lessons on Fridays in January. The cost will be \$20 per person for four classes (\$5 per lesson). Learn



to waltz and social foxtrot. It is helpful to have a partner but not required. Sign up in the Activities Book, pay when class begins. Proceeds from the class will go to the Siouxland Center for Active Generations. Classes are open to the public; SCAG membership is not necessary to attend. **January Fridays: 9, 16, 23, 30, 11:30-12:30 in the Fitness Classroom**



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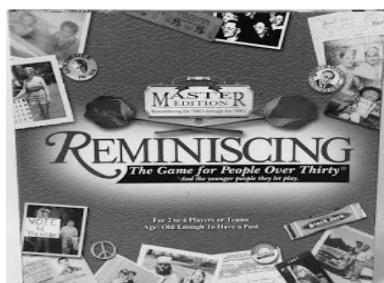
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## January Birthday Party: The Reminiscing Game

Celebrate our members with January birthdays by playing Reminiscing. This entertaining social game gives you blasts from the past! Decade-specific questions (40s-90s) and prompts about pop culture, history, and personal memories will get players sharing stories, remembering wonderful memories, and bonding over common experiences.

Birthday cake for all will be sponsored by the Heritage of Northern Hills. Monday, January 12, 1 p.m.

## Friday Dances



Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$5 for members and \$8 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see the front desk.

**January 9: Ed Tryon**

**January 16: The Huckleberrys**

**January 23: The Embers**

**January 30: The Singer Family Band**

## 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.

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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.

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| Jane Pollard    | Willard Snyder | Cherry Kilberg   | Linda Beeson     |
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## Donations

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

Tops Iowa #730  
Bruce Hunkins  
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National Mah Jongg League

## 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.

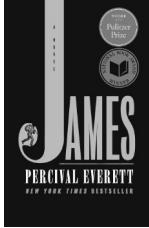
January 8:



**This Is Not a Game**  
by Kelly Mullen

On stormy Mackinac Island, widower Mimi and her heartbroken granddaughter Addie attend a socialite's charity auction, only to uncover blackmail, murder and a dangerous game that tests their wits as they race to outsmart a killer trapped with them.

February 5:



**James**  
by Percival Everett  
Based on the Mark Twain classic, when the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. Jim's intelligence, compassion, and self-determination are shown in a radically new light.

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## Nancy Kelly wins the Quilt Raffle

In November the Quilting Club raffled off their club's beautiful creation, a scrappy quilt with the "Changing Weather" pattern. The winning ticket was drawn at the Friendsgiving dinner. Congratulations to the lucky recipient, Nancy Kelly! The proceeds from the raffle totaled \$115. Thank you to the Quilting Club for donating your work to help the cause of the Siouxland Center for Active Generations, as well as everyone who purchased tickets to participate!



## Bake Sale Proceeds



There were many delicious items on display at the Annual Holiday Bake Sale. To everyone who brought in goods to sell, we are grateful for the time and effort that you put into making them. We're sure that the many people who purchased your confections are appreciative as well! Thanks to everyone who bought treats to help support the Center. The bake sale raised \$500 which will go towards heating costs for the winter.

## Technology for Aging in Place

Pam from Connections Area Agency on Aging will be back in January for another informative technology class. In this lecture, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology. Come learn how smart technology can help you maintain your independence in your own home. Sign up to participate in the Activities Book. **Wednesday, January 21, 10 a.m. in the Conference Room.**



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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.

Thanks! Faith Cosier, Membership Coordinator

Marilyn Berke

Berry Bobbe

Carol Berzina

Mary Lou Burns

Terry Burns

Sherry Caba

Anne Cowley

Dorothy Crim

Franklin Curry

Susan Danilson

Dean Danilson

Leslie Davis

Jim Davis

Bruce Duerksen

Mary Lou Fennell

Betty Fischer

Pat Frazee

David Grimes

Shirley Grimes

Cynthia Guthmiller

Colleen Guy

Cleo Harder

Susan Headley

Dorothy Helgason

Vince Henrichsen

Gary Herbst

Orline Herbst

Mary Hettinger

Greg Hofling

Iris Hofling

Teresa Johnson

Carolyn Kessler

Dorinda Klapprodt

Shavonne Kopal

Cheryl Kounas

Jerry Larson

Jerry Levay

David Mook

Kathleen Morfitt

James Mothershead

Anthony Nelson

Paula Nelson

Kathy Patterson

Gloria Peterson

Edda Else Philippsen

Beverly Rabe

Mary Ratzsch

Dale Rawson

Coleen Carol Reich

Robbie Rohlena

Julie Sandman

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

**Jan. 6th.....Write about your Resolutions for the New Year, 2026.**

**Jan.13th.....Write about the Highlights for the Year, 2025.**

**Jan. 20th....Write about a book or movie that was important to you.**

**Jan. 27th....Write about a soup or dinner that you made at home.**

## POEM FOR JANUARY

The birds are gone; the ground is white.  
The winds are wild; they chill and bite.  
The ground is thick with slush and sleet.  
And I can barely feel my feet. (Unknown)

## FACTS ABOUT JANUARY

1. January zodiac signs are Capricorn and Aquarius.
2. January is the oldest month in the Northern Hemisphere.
3. It is very rare that two snowflakes are alike.
4. New Year's Day is the most celebrated holiday around the world.
5. January is National Soup Month in the U.S.
6. In 1908 the first New Year's Ball dropped in Times Square, NYC.

**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 and peace this  
New Year (2026).

Aim for Good  
by Kay Reynolds

As we approach a new year  
May we review our deeds done;  
Then begin to plan for future days  
For a new year's grace's won.

May my eyes SEE the need around  
My ears HEAR the hurt of all;  
My actions DONE to improve life  
And in DOING--may we then stand tall.

It doesn't have to be a mighty work  
Small-insignificant ones often truly aid;  
A smile to warm a heart--a warm welcome  
Anything done that brings joy and peace made.  
Give thanks for all we've received  
For we were given it all;  
Thank the Maker by doing good  
Be good in spirit--gain--not stumble or fall.

YES, it TAKES A BIT OF EFFORT and THOUGHT

To make our world better in little ways;  
But those acts GROW into MIGHTY ones  
And PEACE can REIGN and harmony play.

**Poem by El Rasmussen, lifetime member**

As my mind takes me back,  
To the day that we were wed,  
I know there's so many words,  
That I wish that I had said.  
I wish that I had told you more,  
How much I love you dear.  
And what a blessing it has been,  
To always have you near.  
Now years have passed and I've grown old,  
Age limits what we do.  
But memories of happy times  
Are still there to review.  
You have always been, by far  
The best part of my life.  
My friend, my inspiration,  
My sweet and loving wife.

When my eyesight begins to dim,  
And darkness clouds my view.

I know that through the dark expanse,  
I'll still be seeing you.  
And as my hearing fades away,  
One sound will remain.  
The sound of your sweet loving voice,  
Whispering my name.

My love for you grows stronger,  
With each day since we met.

When my breath and memory slips away,  
You'll be the last one I forget.

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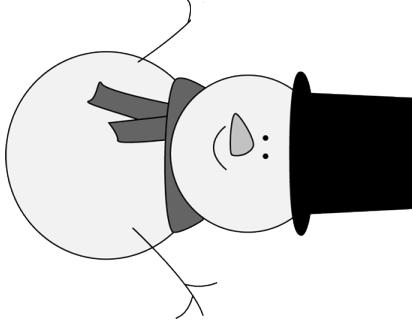
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| <p><b>19</b></p> <p><b>12-1 pm Team Trivia</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Senior Yoga (CD)</p> <p>9:30 am Cornhole</p> <p>9:30 am Intermediate/Advanced Bridge</p> <p>10:45 am Knitting &amp; Crocheting</p> <p>10:50 am Tai Chi (Advanced)</p> <p>11:00 am Tens Card Game</p> <p>11:30 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Pinocchio</p> <p>12:00 pm Bridge-Duplicate</p>                                                                                                                                                                                                                                                                                                                                             |
| <p>12:00 pm Bridge</p> <p>12:30 pm Painting Class</p> <p>1:00 pm Ping Pong</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <p><b>20</b></p> <p><b>1-3 pm Winter Wonderland Jukebox Dance Party</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>7:45 am Walking Exercise</p> <p>9:00 am Quilting Club</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:30 am Rock Steady Boxing (Fee)</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>11:00 am Balance Class</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Bunco-\$1 entry</p> <p>12:00 pm Pinocchio</p> <p>12:00 pm Bridge-Duplicate</p> <p>12:30 pm Chair Yoga</p> <p>1:00 pm Chair Cardio</p> <p>1:30 pm Beginning Spanish</p>                                                                                                                                        |
| <p>1:00 pm Chair Cardio</p> <p>1:30 pm Beginning Spanish</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p><b>21</b></p> <p><b>10 am Technology for Aging in Place with Pam from Connections</b></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</p> <p>9:00 am Duplicate Bridge</p> <p>9:30 am Painting Class</p> <p>9:30 am Line Dance Beginner, Registration Req.</p> <p>9:30 am SilverSneakers Classic Fitness</p> <p>10:00 am Chess</p> <p>10:00 am Wii Bowling</p> <p>10:00 am Sexy &amp; 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 Chair Cardio</p> <p>1:30 pm Beginning Spanish</p> |
| <p>1:30 pm Beginning Spanish</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p><b>22</b></p> <p><b>1 pm Karaoke</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Tatting</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</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Balance Class</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p>                                                                                                                                                                                                           |
| <p>11:00 am-12:30 pm Full lunch</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p>11:00 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><b>23</b></p> <p><b>11:30 am Dance Lessons with Jane</b></p> <p>7:30 am—1 pm Coffee Shop</p> <p>9:00 am Fitness Logic with Lee</p> <p>9:00 am Penny Bingo</p> <p>9:00 am Rock Steady Boxing (Fee)</p> <p>9:00 am Painting Class</p> <p>9:30 am Chair Yoga with Kaye</p> <p>10:00 am STYL meeting</p> <p>(Take Off/Pounds Sensibly)</p> <p>11:00 am-12:30 pm Full lunch</p> <p>11:30 am Mixed Media Art Class/ Vivian Miller</p> <p>12:00 pm Bunco-\$1 entry</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><b>Featuring The Embers</b></p>                                                                                                                                                                             |
| <p>(Take Off/Pounds Sensibly)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><b>24</b></p> <p><b>9:30 am Android Phone Class with B</b></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</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 &amp; 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 Chair Cardio</p> <p>1:30 pm Beginning Spanish</p>                                                                                                                                |
| <p>11:00 am Line Dance (Advanced)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <p>11:00 am Mah Jongg</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>11:00 am Line Dance (Intermediate)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>11:00 am Canasta</p> <p>11:00 am Line Dance (Advanced)</p> <p>11:00 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</p> <p>11:30 am Woodcarving</p> <p>11:30 am Cribbage</p> <p>12:00 pm Balance Class</p> <p>12:00 pm Open Bridge</p> <p>12:30 pm Penny Bingo</p>                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>12:30 pm Open Craft Time</p> <p>1:00—3:30 pm Friday Dance</p> <p><b>Featuring The Singer Family Band</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

# January 2026

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

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>12-1 pm Team Trivia</b><br><br><b>7:30 am—1 pm Coffee Shop</b><br>7:45 am Walking Exercise<br>9:00 am Senior Yoga (CD)<br>9:30 am Cornhole<br>9:30 am Intermediate/Advanced Bridge<br>9:00 am Senior Companion Meeting<br>10:00 am Knitting & Crocheting<br>10:00 am Tai Chi (Advanced)<br>10:00 am Tens Card Game<br>11:00 am Balance Class<br>11:30 am Woodcarving<br>11:30 am Cribbage<br>12:00 pm Bunco-\$1 entry<br>12:00 pm Pinochle<br>12:00 pm Bridge-Duplicate<br>12:30 pm Chair Yoga<br>1:00 pm Chair Cardio<br>1:30 pm Beginning Spanish | <b>7:30 am—1 pm Coffee Shop</b><br>9:00 am Quilting Club<br>9:00 am Fitness Logic with Lee<br>9:00 am Penny Bingo<br>9:00 am Rock Steady Boxing (Fee)<br>9:30 am Painting Class<br>9:30 am Bible Study<br>10:30 am Creative Writing<br>10:30 am SilverSneakers Classic Fitness<br>11:00 am Belly Dancing<br>11:30 am Mah Jongg (experienced players)<br>11:30 am Jazz Danceercise<br>11:30 am Mexican Train, Unlucky 7<br>12:30 pm Penny Bingo<br>12:30 pm Tap Dance<br>12:30 pm Painting Class<br>1:00 pm Ping Pong<br> | <b>7:30 am—1 pm Coffee Shop</b><br>8:00 am-9:30 am Walking Exercise<br>9:00 am Yoga<br>9:00 am Duplicate Bridge<br>9:30 am Painting Class<br>10:00 am Chess<br>10:00 am Wii Bowling<br>10:00 am Sexy & Fit after 40<br>10:30 am Open Jam Session -\$1.00 Guests<br>11:00 am Choir Practice<br>11:00 am-12:30 pm Full lunch<br>11:30 am Phase 10<br>12:00 pm 500 Card Club<br>12:00 pm Tap Dance<br>12:30 am Chair Yoga with Sukky<br>1:00 pm Coloring Corner<br>1:00 pm Chair Cardio<br>1:30 pm Beginning Spanish | <b>7:30 am—1 pm Coffee Shop</b><br>5:00 pm Community Potluck                                                                                                                                                                                                                                                                                                                                                                                                             | <b>7:30 am—1 pm Coffee Shop</b><br>9:00 am Penny Bingo<br>9:00 am Tatting<br>9:00 am Rock Steady Boxing (Fee)<br>9:00 am Line Dance Beginner Registration Req.<br>9:00 am SilverSneakers Classic Fitness<br>10:00 am Beginner Bridge<br>10:00 am Line Dance (Intermediate)<br>10:00 am Canasta<br>11:00 am Line Dance (Advanced)<br>11:00 am Mah Jongg<br>11:30 am Woodcarving<br>11:30 am Cribbage<br>12:00 pm Balance Class<br>12:00 pm Open Bridge<br>12:30 pm Penny Bingo |
| 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 15                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>1 pm Birthday Party</b><br><b>Reminiscing Game</b><br><b>Cake sponsored by the Heritage at Northern Hills</b>                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>1 pm Valentine's Day Craft with Bickford</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>9:30 am Android Phone Class with B.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>1 pm Karaoke</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>11:30 am Dance Lessons with Jane</b>                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 7:30 am-1 pm Coffee Shop<br>7:45 am Walking Exercise<br>9:00 am Quilting Club<br>9:00 am Fitness Logic with Lee<br>9:00 am Penny Bingo                                                                                                                                                                                                                                                                                                                                                                                                                 | 7:30 am—1 pm Coffee Shop<br>7:45 am Walking Exercise<br>8:00 am-9:30 am Biscuits and Gravy<br>9:00 am Yoga<br>9:00 am Duplicate Bridge                                                                                                                                                                                                                                                                                                                                                                                   | 7:30 am—1 pm Coffee Shop<br>9:00 am Tatting<br>9:00 am Rock Steady Boxing (Fee)<br>9:00 am Line Dancing<br>9:00 am Chair Yoga with Sukky<br>9:00 am SilverSneakers Classic Fitness                                                                                                                                                                                                                                                                                                                                | 7:30 am—1 pm Coffee Shop<br>9:00 am Penny Bingo<br>9:00 am Rock Steady Boxing (Fee)<br>9:00 am Line Dancing<br>9:00 am Chair Yoga with Kaye<br>10:00 am STYL meeting<br>(Take Off Pounds Sensibly)<br>11:00 am-12:30 pm Full lunch<br>12:00 pm Open Bridge Group<br>11:30 am Mixed Media Art Class/ Vivian Miller<br>12:00 pm Bunco-\$1 entry<br>12:00 pm 500 Card Club<br>12:00 pm Card/Board Game Group-Misc.<br>12:30 pm Open Craft Time<br>1:00—3:30 pm Friday Dance | 7:30 am—1 pm Coffee Shop<br>9:00 am Fitness Class<br>10:00 am Chair Yoga with Kaye<br>10:00 pm STYL meeting                                                                                                                                                                                                                                                                                                                                                                   |

## Crafts with Bickford

Deb from Bickford Senior Living and Memory Care entertained the gang with a “Roll the Dice” holiday gift exchange where the players passed wrapped gifts around the table based on prompts decided by what number the dice landed on. Attendees enjoyed unwrapping the items they received as well as the holiday treats that Deb brought along with her.

January's Bickford activity will be a Valentine's Day craft. Please sign up in the Activities Book if you would like to participate. Limit to 10 participants. **Tuesday, January 13, 1 p.m. in the Dining Room**



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## Trailblazers Walking Club



In December, the Trailblazers enjoyed the spectacularly decorated Christmas scenes of Longwood Gardens in Kennet Square, Pennsylvania. As they viewed the botanical beauties in the Grand Conservatory, the Gilded Gala in the Music Room, the fountains, grounds, and miniature railroad, they were inspired to walk 4093 laps, which is about 327 miles. With this distance, they could walk 13 miles of Longwood Gardens' exhibits, trails, and grounds 22 times and then walk another 36 miles to Independence Hall in Philadelphia to see the Liberty Bell.

This month, like migratory birds we'll head south for the winter and enjoy the tropical climate of Costa Rica. Costa Rica is a rugged, rainforested Central American country with coastlines on the Caribbean and Pacific. Though its capital, San Jose, is home to cultural institutions like the Pre-Columbian Gold Museum, Costa Rica is known for its beaches, volcanoes, and biodiversity. Roughly a quarter of its area is made up of protected jungle, teeming with wildlife including spider monkeys and quetzal birds. Costa Rican culture is defined by the "Pura Vida" philosophy of "pure life," which emphasizes a peaceful, simple, and happy lifestyle, alongside a rich heritage of indigenous and Spanish influences. During these freezing January days, imagine walking along the balmy beaches and through the trails of the wildlife-filled Monteverde Cloud Forest Reserve as you 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.*

## Bridge News

Let's start the new year right. Make a resolution to play more Bridge or maybe learn to play Bridge if you don't know how. Now that the snowbirds are gone, we need more players. Snowbirds missed our annual Christmas party at Aggies. Lots of fun, as usual. Diana Howard's Monday online class resumes in January. Leon Koster's Thursday beginning class continues at the Center. We have games on Monday, Wednesday and Thursday. Check the calendar for times. Call Kurt Riemer, 712-212-8973, for information or a partner.

## Genealogy Class

January's Genealogy Class will cover updates to immigration records. Genealogy research in immigration records is constantly updated through online platforms like Ancestry and FamilySearch, digitizing National Archives (NARA) and USCIS (Citizenship & Immigration Services) collections. Key updates involve expanded online access to passenger lists, border crossings, and naturalization documents, plus changes in how researchers access USCIS files, emphasizing NARA for older records and specific forms for newer ones. Phyllis and Cheryl will cover the recent changes and how to use immigration records to search through your family's history. **Genealogy Class meets January 9, the second Friday of the month, at 10 a.m. in the Classroom.**

## Choir News



*Choir members celebrating at their Christmas party.*

The Active Generations Choir had a wonderful 2025 with a spectacular Fall Follies performance, bringing their joyful music to local nursing homes, and weekly fellowship through song. Choir members are looking forward to making beautiful music together again in 2026. They'll first be taking a break in January to avoid cold weather and poor winter weather driving conditions. Choir practice will resume in February.

## Wisdom from Hilda

How to Tell if  
You're an Adult

1. You gain 30 pounds overnight.
2. You'd rather sleep than go out.
3. Everything hurts.
4. Comfort before style.
5. You have a favorite spatula.
6. College students look like 12-year-olds.
7. Fun stuff!

People wait all day  
for 5 p.m.  
All week for Friday  
All winter for summer  
And all of life  
for happiness.  
Don't let the pursuit  
of tomorrow  
diminish the joy of today.

## 2026 Saturday Night Dance Parties

Come out on a Saturday night with your friends at the Center! Once a month, the Siouxland Center for Active Generations is the hot place to be for live bands playing music from the 50's, 60's and 70's. In the tradition of Storm'n Norman's we've booked some of the best dance hall bands around to play the songs to take you back to your youth. Saturday Night Dance Party performances occur from 7 p.m. to 10 p.m. Come early and enjoy a meal; the cafe will open at 5 p.m. to serve food and nonalcoholic beverages.

### February 14: The Embers, Valentine's Day Dinner and Dance



A favorite band at the Siouxland Center for Active Generations' Friday dances! The Embers formed in 1984 and since then the group

has played gigs at countless venues and opened for national acts, such as Bill Haley's Comets, Chris Ledoux and Kenny Chesney. Expect to hear your favorite rock and roll and country songs from yesteryear and enjoy a romantic evening or camaraderie with dear companions on the holiday of love and friendship. We'll also offer a special candlelit Valentine's Day dinner before the show! Look for details about the menu and pricing soon.

### March 21: 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!

### April 18: 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.

### May 16: The Senders



Originally called Johnny and the Sting Rays, rock-n-roll band the Senders got its start in 1962 in Newell, Iowa. Band members ranged between 12-16 and were too young to drive, so their parents had to transport them to the teen hops. Two years later, when the band decided it needed a new name, they were inspired by Elvis Presley's song "Return to Sender." There have been at least 26 different members over the last sixty-three years as they played in states all around Iowa, the Cobblestone in Storm Lake, Rooftop Garden in Okoboji, and Storm'n Noraman's. The band had a "final concert" in 2024, but a new version of the Senders will rock the night away with you at the Center in May!

### June 27: Surfin Safari



Surfin Safari is an oldies (50's-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.

### July 25: The Singer Family Band



Our favorite musical family includes Jim Singer on lead guitar, Marcia Singer on rhythm guitar, Jon Moran on drums, and Rick Singer on Bass. They'll delight you with a special rock and roll show in July!

## Fellowship and Food at the Friendsgiving Dinner

Our Friendsgiving Dinner was a wonderful time to celebrate the spirit of togetherness at the Center! Thank you to everyone who attended. We're grateful to our kitchen staff and volunteers who cooked the delicious meal, served, and cleaned up afterwards!



## The Center Receives New Sound Equipment

We are thrilled to announce the installation of our new Bose state-of-the-art sound system—an upgrade that will elevate every event, performance, and gathering in our space. This milestone would not have been possible without the generous support of our sponsors, whose commitment to enhancing our community experience made this project a reality. A special thanks to Kim Bently, daughter of our members Doug and Joyce Bently, for pursuing grants and sponsorships for this equipment. Also, to Bob Brewer for leading design and equipment engineering. Their contribution ensures that audiences, participants, and performers alike will benefit from clearer, richer, and more immersive sound for years to come.

We extend our deepest gratitude to each sponsor for believing in our mission and investing in our continued growth. Their partnership not only strengthens our technical capabilities but also enriches the cultural and educational opportunities we are able to offer. Thank you for helping us create an environment where every voice can be heard and every moment can be appreciated at its fullest. Thank you to GitHub, MidAmerican Energy, Empirical company donation & employee donation, Seaboard Triumph, and American Endowment.



## Winter Wonderland Jukebox Party



Dance away the winter blues to your favorite songs that chase the gray away! Great exercise with good friends, song requests are always welcome. Wear your favorite cozy winter sweaters and we'll enjoy some hot chocolate with marshmallows and winter-themed ambiance

**Tuesday, January 20, 1-3 p.m.**



## Seasonal Merriment at the December Birthday Party

Festive fun at the December birthday party included having a Christmas cake walk, making human snowmen, identifying the Christmas scent, guessing Christmas movie characters, and playing telephone with Christmas carol lyrics. Thank you to Charter Senior Living of Northpark Place for sponsoring the December birthday cake and to Kristina's husband, Eric Yezdimer, for baking and decorating three cakes to be given away for the cake walk. The cake walk winners were Pam Dillon, Clint Barrs, and Candie Palacio.



## Android Phone Classes with B.



*Welcome to our new technology volunteer, B. Oliver! B. has offered to teach Android phone classes at the Center.*

I worked as the training coordinator for a Metro by T-Mobile dealer for over a year where I opened 4 stores. After that, I took a break from tech and attended the culinary program at WITCC where I honed my cooking skills and focused on pastry. I love cooking and baking! It's my biggest passion. I took a break from cooking and moved to Omaha, where I started with Consumer Cellular and also achieved a certificate in web development. After a year there, I came back to Sioux City because it's my home. I'm a huge people person, and I love helping out and spreading my knowledge where I can.

One thing I've noticed is a lot of people get confused about how to use their smart phones, especially Android phones. I'd love to lend a hand in showing less tech-savvy people

how to navigate the settings on their Android phones, how to problem solve on them, how to avoid getting a virus, how to text, and more! In this age, a smartphone is a valuable tool, but misusing a smartphone can have terrible consequences! I think being able to be independent with your phone is not impossible no matter how old you may be.

B. will be teaching the following classes on Wednesday mornings at 9:30 a.m. in the Conference Room.

January 14: Intro to Android 1: The first class will cover some basics and help you get a feel for what to look forward to in future classes.

January 28: Tech Language: Understand tech terminology and how to navigate through screens.

February 4: Is This a Virus?: How to know if an app or link is a virus and what to do about it.

February 11: This Phone Is My Phone: Explaining the phone settings and customizing it to make it work for you.

February 18: All Things Texting: An hour explaining texting, messaging apps and functionality.

## Your Neighborhood Coalitions

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



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# JANUARY BIRTHDAYS

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| Renate Ames     | Carol Forney    | Clark Kleinberg  | Cheryl Raymond   |
| Pamela Anderson | Donna Foxhoven  | Betty Klug       | Terrell          |
| Dennis Ard      | Sandy Fravel    | Faye Krueger     | Brian Riddell    |
| Bob Baker       | Pat Frazee      | Jerry Larson     | Ronald Ridgway   |
| Beverly Bates   | Marlis Friesner | Yeng Lego        | Marisela Riverra |
| Linda Beeson    | Karen Fry       | Bayne Linden     | Janet Roach      |
| Carol Berzina   | John Gibson     | Wayne Lundgren   | Evelyn           |
| Linda Blom      | Martin Girard   | Neil Magnusson   | Rodenburgh       |
| Colleen         | Linda Glorfield | Mary Marx        | Sandra Rol       |
| Bochmann        | Dixie Kaye Gors | Jan Masteller    | Tim Sachtjen     |
| Terry Borg      | Tom Grunig      | Terri McGaffin   | Jerry Sandford   |
| Diane Brock     | Kristin Grunig  | Cheryl McMullen  | Henrietta        |
| Maggie          | John Guenthner  | Cheng            | Scholten         |
| Brockman        | Rosaline        | Barbara Meier    | Patricia Simon   |
| Gregory         | Guerriero       | Glenn Metcalf    | Kathryn Sitzmann |
| Brummond        | Beth Harms      | Kathleen Morfitt | Larry' Swayer    |
| Darlene Burson  | James Heiling   | Donald Morley    | Donna Thurow     |
| Marie Calvert   | Thomas          | Bill Mrla        | Marcus Tibbe     |
| Theresa Card    | Hildebrand      | Sharon Murphy    | Doug Tudehope    |
| Julie Cardwell  | Patty Houlihan  | Susan Nolen      | Ray Turner       |
| Norma Carr      | Sue Hubert      | Roberta O'Dell   | Norma Ulmer      |
| Ruth Chancey    | Brenda Hudson   | Bev O'Hara       | Carol Goulette   |
| Ellen           | Lynda Hughes    | Karen Oleson     | Linda Vandiver   |
| Christofferson  | Vikki Jacobs    | Carol Perrin     | John Vermilyea   |
| Kent Crandall   | Greg Jensen     | Judy Peters      | Harold Ward      |
| Jim Davis       | Bonnie Johme    | Gloria Peterson  | Jackie Warnstadt |
| Dan DeMarest    | Teresa Johnson  | Dianna Pike      | Helen Wedmore    |
| Diana DeRocher  | Alvin Johnson   | Jerry Pospeshil  | Jeanette Wendt   |
| Homer Dewitt    | Joan Johnson    | Cheryl Prather   | Otto Wilczek     |
| Lloyd Diede     | Gary Johnson    | Patricia Price   | Terry Williams   |
| Lynn Doxtad     | Judith Johnson  | Carolyn          | Dorothy Winter   |
| Bruce Duerksen  | Tony Kanwar     | Ramsaran         | Karen Young      |
| James Ewing     | Ken Keairns     | Elvin Rasmussen  |                  |

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

## Membership Information

- Membership at the Siouxland Center for Active Generations is required to participate in Center activities and programs.
- To participate in the Noon Meal Program membership is not required.
- Payment for programs/classes is required at the time of registration; space cannot be held without payment.
- Waiting lists are taken for filled classes and trips. You will be contacted ONLY if someone cancels or another class is added.
- We can accept registrations by phone for FREE classes and activities ONLY.
- The Activities Book is located on the Activities Table next to the Multipurpose Room. Use it to sign up for activities and volunteer opportunities.

## Refund Information

- If a class, activity or trip is cancelled by a Center staff member, a full refund will be given to those who have registered.
- If a participant cancels a class or activity after it begins, NO refund will be given. Please keep this in mind when registering for classes and activities. If you are unsure if a class is appropriate for you, please contact a Center staff member to answer any questions.
- If a member cancels their registration for a trip, a full refund will only be given if the Center is notified seven business days in advance.
- Trips co-sponsored by the Center or booked by other travel organizations may have different refund policies than those listed above. Please check at the time of trip registration.

## DOLLAR-A-MONTH

*These persons offer additional assistance each month for the ongoing operation of the Siouxland Center for Active Generations. We thank them for their extra support.*

Normagene Hughes

Maizie Johnson  
Sally Kimball

John / Sandra Graser

George Polak  
Pam Mears

Charlotte Curry

## Dollar-A-Day for a YEAR

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

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

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