

DECEMBER 2025

# SUNSHINE NEWS

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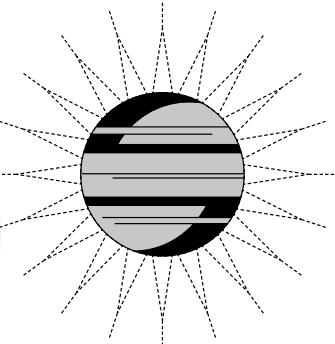
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Our mission is to enrich the quality of life and support independence and vitality for our members.

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

## SCAG to Host Inaugural "Sioux Year's Eve" New Year's Eve Party

Come one, come all and bring your family, friends, and neighbors to the Siouxland Center for Active Generations' exciting new family-friendly New Year's Eve event on December 31st! "Sioux Year's Eve" will begin at 10 a.m. and have a full schedule of entertainment until midnight, followed by fireworks in our parking lot. Inspired by "First Night" events in other towns, SCAG's aim is to provide multiple age groups in our community with a fun way to ring in the new year in an alcohol-free setting. The Siouxland Center for Active Generations would like to thank the Gilchrist Foundation for awarding our organization with a micro-grant in order to help pay the performers who will appear at our event. Take a look at the day's fun-filled program!



**10 AM: Little Red Riding Hood with Eulenspiegel Puppets.** Expert puppeteer Monica Leo, from the award-winning Eulenspiegel Puppet Theater Company of West Liberty, Iowa, will perform her adaptation of the Grimm fairy tale using miniature Bohemian marionettes on an extra-large pop-up storybook stage. In addition to seven puppets, the cast includes a wacky, flamboyant storyteller who relates to the audience as well as the puppets.

### 11 AM: "Noon Year" Kid's Dance Party with Balloon Drop Countdown at 12 PM.

Bring the little ones and let them boogie to the beat of fun kids' music and Just Dance videos. At noon we'll count down to 2026 followed by a festive balloon release.



### 12 PM: Finger Puppet Workshop

Create a new friend with Monica Leo of Eulenspiegel Puppets. She will have supplies for making finger puppets with wooden bead or pompon heads.

### 12:30 PM: Magic Show with Loli-Pop dah Clown.

Omaha based Loli-Pop will delight the audience with sleights of hand and magical surprises. Loli-Pop will also be creating balloon art and painting faces from 10 am-2 pm.



### 1 PM: Three Tales from Asia with Eulenspiegel Puppets.

A set of three tales from Korea, Japan and Turkey with a clever stage that rises and folds out of a decorated box, the show features rod puppets, paper puppets, masks, and a combination rod puppet/rod marionette.

### 2 PM: Princess Golden, Interactive Children's Theater Performance.

Audience members will get to be a part of the show in a funny, fairytale-inspired play. Take on a costumed role or cheer, gasp, and howl with the crowd as you help bring the story to life.



*continued on p. 2*

**December 22 and 23:** Open

**December 24, 25, 26:** Closed

**December 29 and 30:** Open

**December 31: Open for "Sioux Year's Eve" event, no regular activities.**

**January 1 and 2:** Closed



# the Sunshine News

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

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

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## Membership Coordinator

*Faith Cosier*



Annual Dues — \$75 per Person

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

*continued from p.1*



**3-5 PM: Burt Heithold Band** Veteran accordionist Burt Heithold and his jazzy band will perform songs from yesteryear for a Lawrence Welk-ian style dance party. We'll have a "Before Sunset" countdown at 5 PM for those who want to head home before dark.

**5 PM: Karaoke** Pick any song that we can find on YouTube and sing away with your friends!



**6:30 PM: South Dakota Aerial & Arts** Spectacular acrobatics and aerial performances by Sioux Falls' circus performance group.



**7:30-9:30 PM: Ultra Violet Fever** Ultra Violet Fever's musical style is a mix of Americana folk and blues music. Hear Angie and Shaun Blomberg harmonize and mix in their diverse instrumental talents for a set you won't want to miss!

## 10 PM-Midnight: GhostCat

Indie-Alternative rock band



GhostCat recently performed at Saturday in the Park and ArtSplash. They'll perform a high-energy show to transport us into 2026.

Admission is \$15 for adults 18 and up, \$10 for children 2-17, and free for under two years old. Tickets are available for purchase at the front desk and online through our website: [www.siouxlandcenterforactivegenerations.com](http://www.siouxlandcenterforactivegenerations.com). If you have somewhere where you could put up a poster to help promote our event, please see Kristina in the Activities Coordinator office. We'll also need volunteers to help take tickets throughout the day. Volunteers will get to attend Sioux Year's Eve for free. If you're interested, please sign up in the Activities Book.

## Center Kicks Off Annual Appeal

As we launch our Annual Appeal, we are reminded of the powerful role our senior center plays in the lives of older adults. For so many, our center is more than just a place – it's a community, a safe space, and a source of joy. Every day, we see new friendships bloom over shared meals, skills grow through our engaging programs, and a sense of belonging that comes from being part of something bigger than ourselves.

This year, the appeal takes on special significance. Without the support of United Way or any federal, state, or local funding, we rely solely on the generosity of individuals like you to sustain our programs and services. Every donation helps ensure that our seniors continue to receive the critical support, companionship, and opportunities each of us deserves.

We are deeply grateful to those who have already given this year, and we ask for your support to help make this a year of renewed hope, dignity, and connection for all who walk through our doors. Your gift – no matter the size – has the power to make a real difference.

Together, we can ensure that the Siouxland Center for Active Generations remains a place where everyone is embraced and valued. Thank you for being an integral part of our circle of friends.



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## December Birthday Party

Our December Birthday Party will feature entertaining Christmas games and activities, including creating a human snowman, name that Christmas carol, guess the holiday scent, guess how many ornaments are on the tree, and lots of other holiday fun! Join in the seasonal merriment on **Monday, December 8 at 1 p.m.** The birthday cake will be donated by Charter Senior Living.



## Community Pot Luck



The Siouxland Community Potluck Coalition, a newly formed nonprofit organization, is partnering with the Siouxland Center for Active Generations to host a potluck dinner to feed people in Sioux City. This dinner is about coming together, sharing a meal, and building community. If you have a little extra and would like to bring a dish to share — wonderful! But if you're not able to bring anything, please still come. We'll have a hearty main dish and plenty of food to go around. We'll also have family-friendly activities to make it a fun, welcoming space for all ages.

Date: 12/4/2025

Time: Food will be served from 5-7:30 and activities will wrap up at 9

Location: Siouxland Center for Active Generations

Whether you're coming to eat, help, or just connect — you're invited. Let's create a space where everyone feels supported, valued, and fed. Want to help out or bring a dish? Please sign up in the Activities book. Come hungry. Leave full. Feel loved.

If you are able, please bring the recipe you used so folks with allergies can see the ingredients and make safe, informed choices about what foods to choose!

## Remember the Senior Center

The next time you sit down with your attorney to prepare or revise your will, remember the Siouxland Center for Active Generations. By naming the Siouxland Center for Active Generations Investment Fund as a beneficiary, you will assure the long-term existence of the Center.

Your friends will appreciate your thoughtfulness.

I want to help... by enclosing \$\_\_\_\_\_ to assure the long-term existence of the Siouxland Center for Active Generations. Enclosed is my tax-deductible check payable to the:

Siouxland Center for Active Generations Investment Fund  
313 Cook Street • Sioux City, Iowa 51103

Name \_\_\_\_\_

Address \_\_\_\_\_

# Gift Shop & Library 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.

Kim Loutsch	Shirley Henderson	Elaine Waskow	Ken Dvorak
Deanna Jacobs	Donna Vitzthum	Will Snyder	Shirley Larson
Pharyce Eslick	Jane Olson	Pat Johnson	Alice Reeg
Arlene Imray	Charlotte Curry	Joyce Bentley	Beth Fravel
Linda Sydow	Kris Bergstrom	Wayne Johnson	Judy Peterson
Diane Kenowith	Yvonne Thallas	Marianne Meister	Beverly Wolfe
Roger Curry	Diane McKernan	Vonda Lee Bowman	

Dan DeMarest  
Bruce Hunkins  
Bill Merritt  
Arlene Imray

## Donations

Jeffrey Zoelle	Sue Schmeddinghoff
Diana Howard	Deanna Jacobs
Larry Bower	Thomas Kingsbury
Anna Kounas	

## Holiday Bake Sale



Do some holiday shopping and support the Center by buying tasty treats while you enjoy the music of the Wednesday Jam Session. All proceeds from the bake sale will go to the Siouxland Center for Active Generations. If you would like to bake something to help out, please sign up in the Activities Book. **Wednesday, December 10, 10 a.m. to 1 p.m.**



Generations has a collection box for toy donations near the front desk. Siouxland Toys for Tots has been operating for over twenty-five years and the organization is made up entirely of volunteers. In 2024 Siouxland Toys for Tots distributed 5,709 toys to 2,719 children. Be a part of the magic; embody the spirit of Santa Claus and bring in an unwrapped toy for a local girl or boy.

## Toys for Tots Box

You can bring joy to a child in need this holiday season by donating to Toys for Tots. The Siouxland Center for Active

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

Bruce Hunkins  
Charter Senior Living  
Whispering Creek  
StoneyBrook Suites  
Siouxland Duplicate Bridge Club  
Westwood Nursing/Rehab  
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## Annual Christmas Party

You're invited to attend the Siouxland Center for Active Generations' annual Christmas Party on Wednesday, December 17 from 11-3 p.m. Wear your ugliest Christmas sweater (there will be a contest with prizes!) and join us for festivities including a Christmas craft, delicious lunch, gift exchange, appearances from Santa and Mrs. Claus and music and dancing to the Huckleberrys.



Come and celebrate the season with your friends at the Center. To participate in the gift exchange, please bring a wrapped gift worth \$10 or less in value. Tickets for the party are \$10 and can be purchased at the front desk. **Wednesday, December 18, 11a.m. to 3 p.m.**

## TOPS Weight Loss Group Rebrands as STYL

Once upon a time there was a TOPS weight loss group meeting every Friday from 10am-11am. Due to their increased membership fees our group of 14 decided to dissolve the TOPS organization. Therefore, we are opening up membership to our new weight loss group, START TRANSFORMING YOUR LIFE (STYL). Our membership fee is \$60/year which may be paid monthly (\$5), quarterly (\$20), semi-annually (\$30), or yearly (\$60). Meetings will continue to be held in the conference room at the Siouxland Center for Active Generations (SCAG). We entertain weekly programs, discussions, weigh in, a summer picnic and a Christmas luncheon. Registration for new members starts January 2026. New members' first month dues are free. There are incentives to receive a free month and plenty of encouragement on losing those pounds! We would love for you to join us. All are invited starting in January. Hope to see you in 2026.



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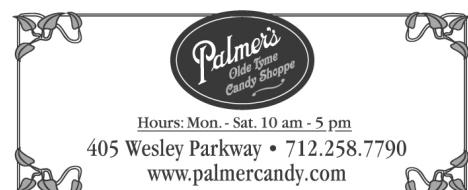
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# December Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Dr Marc Christofferson  
Brian Damon

Ardella Doerr  
Jannette Domayer

Sandra Fry  
Leo Hammond

Gene Johnson  
Ron Roeder

Bryan Sweeney

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## Genealogy Class: Finding a Home for Genealogical Research



What happens if your relatives do not share your interest in family history? Don't let all of your collected materials and hours spent on research go to waste! December's Genealogy Class will give you advice on where and how to pass on your genealogical documentation. The process for submitting materials to a museum will be discussed. Phyllis will also suggest methods of dispersing family heirlooms and share stories about methods that other people have used effectively to stop family squabbling over items. **Genealogy Class meets the second Friday of the month, December 12 at 10 a.m. in the Classroom.**

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# December 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:

- Dec. 2nd.....Expressions We Have Used in Our Daily Life.**
- Dec. 9th .....Write About Your Grandmother's House.**
- Dec. 16th.....Write About Memories of the Winter Holidays.**
- Dec. 23rd .....Write About a Favorite Christmas Movie.**
- Dec. 30th .....Write About a Favorite Soup That You Like.**

## FACTS ABOUT THE MONTH OF DECEMBER

1. The Winter Solstice marks the shortest day and longest night, and occurs Sunday, December 21, 2025.
2. December's birth flower is the narcissus and the birthstones are turquoise, zircon, and tanzanite.
3. The song 'Jingle Bells', was written by James Piermont.
4. The tradition of sending Christmas Cards dates back to 1843.
5. December 21st is National Ugly Sweater Day in the United States.
6. December 1992, the "Muppet Christmas Carol" movie was released.

## GETTING READY FOR THE HOLIDAYS

"Christmas is coming,  
the geese are getting fat,  
please put a penny  
in the old man's hat.  
If you haven't a penny,  
a ha'penny will do.  
if you haven't got a ha'penny,  
God Bless You!!

## SONG: RUDOLPH, THE RED-NOSE REINDEER

"Rudolph, the red-nose reindeer,  
had a very shiny nose.  
And if you ever saw him,  
you would even say it glows.  
All of the other reindeer  
used to laugh and call him names,

## Bridge News

Do you need a fun activity during our miserable long cold winter? It's always warm at the Center and there are warm people ready to join you in a brisk game of duplicate bridge. There is a popular novice game Wednesday mornings. Open games are Monday and Thursday afternoons. Leon Koster has a beginning bridge class Thursday mornings. Diana Howard's Monday morning class is online until spring. We will all enjoy getting together for a social evening at our annual Christmas party.



They never let poor Rudolph  
play in any reindeer games.  
Then one foggy Christmas Eve,  
Santa came to say:  
"Rudolph with your nose so bright  
won't you guide my sleigh tonight?"

"Wishing everyone a safe and happy holiday season,  
may you know much joy!!!

Christmas Joy  
by Kay Reynolds

The TIME is fast approaching  
A time for fellowship and joy:  
Preparations in the making  
For each- a desired gift, celebration, or toy.

We sing for love in this season  
And bustle quickly here and there;  
What a GREAT time is coming  
Spectacular sights for all to stop and stare.

BUT-let each one truly remember the reason  
WHY Christmas is really here;  
That BABE so holy and so pure  
Bringing about that holiday cheer.

May we keep in focus that event  
To now save us here on earth;  
And giving praise to Him as we go  
Be thankful for His Holy Birth.

So be merry-joyful-and celebrate  
That day was a GIFT He gave to us;  
IT'S the BLESSING of the season  
And IN HIM I place my trust.  
BLESSINGS TO ALL!

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# December 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
<b>1</b> <b>7:30 am—1 pm Coffee Shop</b> <b>7:45 am Walking Exercise</b> <b>9:00 am Senior Yoga (CD)</b> <b>9:30 am Cornhole</b> <b>9:30 am Intermediate/Advanced Bridge</b> <b>10:00 am Knitting &amp; Crocheting</b> <b>10:00 am Tai Chi (Advanced)</b> <b>11:00 am Tens Card Game</b> <b>11:00 am Balance Class</b> <b>11:30 am Woodcarving</b> <b>11:30 am Cribbage</b> <b>12:00 pm Bunco-\$1 entry</b> <b>12:00 pm Pinochle</b> <b>12:00 pm Bridge-Duplicate</b> <b>12:30 pm Chair Yoga</b> <b>1:00 pm Chair Cardio</b> <b>1:30 pm Beginning Spanish</b>	<b>2</b> <b>7:30 am—1 pm Coffee Shop</b> <b>7:45 am Walking Exercise</b> <b>8:00 am-9:30 am Biscuits and Gravy</b> <b>9:00 am Quilting Club</b> <b>9:00 am Fitness Logic with Lee</b> <b>9:00 am Penny Bingo</b> <b>9:30 am Painting Class</b> <b>9:30 am Bible Study</b> <b>10:00 am Creative Writing</b> <b>10:00 am Tai Chi (Beginning)</b> <b>10:30 am SilverSneakers Classic Fitness</b> <b>11:00 am Belly Dancing</b> <b>11:00 am Math Jongg (experienced players)</b> <b>11:30 am Jazz Danceercise</b> <b>11:30 am Mexican Train, Unlucky 7</b> <b>12:30 pm Penny Bingo</b> <b>12:30 pm Tap Dance</b> <b>12:30 pm Painting Class</b> <b>1:00 pm Ping Pong</b>	<b>3</b> <b>7:30 am—1 pm Coffee Shop</b> <b>7:45 am Walking Exercise</b> <b>8:00 am-9:30 am Biscuits and Gravy</b> <b>9:00 am Quilting Club</b> <b>9:00 am Fitness Logic with Lee</b> <b>9:00 am Penny Bingo</b> <b>9:30 am Painting Class</b> <b>9:30 am Duplicate Bridge</b> <b>10:00 am Chess</b> <b>10:00 am Wii Bowling</b> <b>10:40 am Sexy &amp; Fit after 40</b> <b>10:30 am Open Jam Session \$1.00 Guests</b> <b>11:00 am-12:30 pm Full lunch</b> <b>11:30 am Phase 10</b> <b>12:00 pm 500 Card Club</b> <b>12:40 pm Bridge—Men</b> <b>12:30 pm Chair Yoga with Suky</b> <b>1:00 pm Coloring Corner</b> <b>1:00 pm Chair Cardio</b> <b>1:30 pm Beginning Spanish</b>	<b>4</b> <b>10 am Book Discussion Group</b> <b>1 pm Karaoke</b> <b>5:30 pm Community Potluck</b>	<b>5</b> <b>7:30 am—1 pm Coffee Shop</b> <b>9:00 am Fitness Class</b> <b>10:00 am Chair Yoga with Kaye</b> <b>10:00 am STYL meeting</b> <b>(Take Off Pounds Sensibly)</b> <b>11:00 am-12:30 pm Full lunch</b> <b>11:30 am Open Bridge Group</b> <b>11:30 am Mixed Media Art Class/ Vivian Miller</b> <b>12:00 pm Bunco-\$1 entry</b> <b>12:00 pm Card/Board Game Group-Misc.</b> <b>12:30 pm Open Craft Time</b> <b>1:00—3:30 pm Friday Dance</b> <b><i>Featuring 4 on the Road</i></b>
<b>8</b> <b>1 pm Birthday Party</b> <b>Fun Christmas Activities</b> <b>Cake sponsored by Charter Senior Living</b>	<b>9</b> <b>1 pm New Year's Craft with Bickford</b>	<b>10</b> <b>10-1 Bake Sale</b>	<b>11</b> <b>1 pm Karaoke</b> <b>(2nd Friday)</b>	<b>12</b> <b>10 am Genealogy Class</b>
<b>7:30 am—1 pm Coffee Shop</b> <b>7:45 am Walking Exercise</b> <b>8:00 am-9:30 am Biscuits and Gravy</b> <b>9:00 am Quilting Club</b> <b>9:00 am Fitness Logic with Lee</b> <b>9:00 am Penny Bingo</b> <b>9:30 am Painting Class</b> <b>9:30 am Rock Steady Boxing (Fee)</b> <b>10:00 am Painting Class</b> <b>10:00 am Chess</b> <b>10:30 am Bible Study</b> <b>10:00 am Creative Writing</b> <b>10:00 am Tai Chi (Beginning)</b> <b>10:30 am Open Jam Session \$1.00 Guests</b> <b>11:00 am Painting Class</b> <b>11:00 am SilverSneakers Classic Fitness</b> <b>11:00 am Penny Bingo</b> <b>11:30 am Math Jongg (experienced players)</b> <b>11:30 am Jazz Danceercise</b> <b>11:30 am Mexican Train, Unlucky 7</b> <b>12:30 pm Penny Bingo</b> <b>12:30 pm Tap Dance</b> <b>12:30 pm Painting Class</b> <b>1:00 pm Ping Pong</b>	<b>7:30 am—1 pm Coffee Shop</b> <b>7:45 am Walking Exercise</b> <b>8:00 am-9:30 am Biscuits and Gravy</b> <b>9:00 am Quilting Club</b> <b>9:00 am Fitness Logic with Lee</b> <b>9:00 am Penny Bingo</b> <b>9:30 am Painting Class</b> <b>9:30 am Tattling</b> <b>9:00 am Rock Steady Boxing (Fee)</b> <b>9:30 am Painting Class</b> <b>10:00 am-12:30 pm Full lunch</b> <b>11:30 am Chair Yoga with Kaye</b> <b>10:00 am STYL meeting</b> <b>(Take Off Pounds Sensibly)</b> <b>11:00 am-12:30 pm Full lunch</b> <b>11:30 am Open Bridge Group</b> <b>11:30 am Mixed Media Art Class/ Vivian Miller</b> <b>12:00 pm Card/Board Game Group-Misc.</b> <b>12:30 pm Open Craft Time</b> <b>1:00—3:30 pm Friday Dance</b> <b><i>Featuring Jerry O'Dell's Country Flavor Band</i></b>	<b>7:30 am—1 pm Coffee Shop</b> <b>9:00 am Fitness Class</b> <b>10:00 am Chair Yoga with Kaye</b> <b>10:00 am STYL meeting</b> <b>(Take Off Pounds Sensibly)</b> <b>11:00 am-12:30 pm Full lunch</b> <b>11:30 am Open Bridge Group</b> <b>11:30 am Mixed Media Art Class/ Vivian Miller</b> <b>12:00 pm Bunco-\$1 entry</b> <b>12:00 pm 500 Card Club</b>		
<b>15</b> <b>12-1 pm Team Trivia</b>	<b>16</b> <b>7:30 am—1 pm Coffee Shop</b> <b>7:45 am Walking Exercise</b> <b>9:00 am Senior Yoga (CD)</b> <b>9:30 am Cornhole</b> <b>9:30 am Intermediate/Advanced Bridge</b> <b>10:00 am Knitting &amp; Crocheting</b> <b>10:00 am Tai Chi (Advanced)</b> <b>10:00 am Tens Card Game</b>	<b>17</b> <b>11-3 Christmas Party</b> <b><i>Featuring The Huckleberries</i></b>	<b>18</b> <b>1 pm Karaoke</b>	<b>19</b> <b>7:30 am—1 pm Coffee Shop</b> <b>9:00 am Fitness Class</b> <b>10:00 am Chair Yoga with Kaye</b> <b>10:00 am STYL meeting</b> <b>(Take Off Pounds Sensibly)</b> <b>11:00 am-12:30 pm Full lunch</b> <b>11:30 am Open Bridge Group</b> <b>11:30 am Mixed Media Art Class/ Vivian Miller</b> <b>12:00 pm Bunco-\$1 entry</b> <b>12:00 pm 500 Card Club</b>

## Crafts with Bickford

In November our members enjoyed making a lovely Christmas centerpiece on a gold plate. Next month Deb from Bickford Senior Living and Memory Care will lead participants in creating a New Year's Craft. Please sign up in the Activities Book if you would like to attend. Limit to ten participants. **Tuesday, December 9, 1 p.m. in the Dining Room.**



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## Center Receives Award from 100+ Men and Women Who Care

The Center has received a generous gift from the Siouxland chapter of "100+ Men and Women Who Care" a local philanthropic group of over 125 members. The organization meets quarterly, with each member donating \$100 to a local nonprofit that is chosen by a group vote. It was at one meeting that a group member nominated the Center. Touched by the work and importance to the community, the members voted to support the Center this past quarter. Their mission is to make significant donations to local non-profits by pooling members' gifts. This donation will truly help our Center.

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## Tai Chi for Seniors: Health Benefits

The practice of Tai Chi offers a myriad of benefits for both the body and mind. From improved balance and flexibility to reduced stress and anxiety, the gentle movements of Tai Chi can have a profound impact on overall well-being. Here are some of the key benefits of practicing Tai Chi:

1. Improved Balance and Coordination: The slow, deliberate movements of Tai Chi help to strengthen the muscles and improve balance, reducing the risk of falls, particularly in older adults.
2. Enhanced Flexibility: Through gentle stretching and controlled movements, Tai Chi promotes flexibility and range of motion in the joints, leading to increased mobility and decreased stiffness.
3. Stress Reduction: Tai Chi incorporates elements of mindfulness and meditation, helping practitioners to quiet the mind, reduce stress levels, and promote a sense of calm and relaxation.
4. Better Posture and Body Awareness: By focusing on proper alignment and posture, Tai Chi cultivates body awareness

and mindfulness, leading to improved posture both during practice and in everyday life.

5. Boosted Immune Function: Some research suggests that the gentle, rhythmic movements of Tai Chi may stimulate the body's immune response, leading to improved immune function and overall health.
6. Pain Management: Tai Chi has been shown to be effective in reducing pain, particularly in conditions such as arthritis, fibromyalgia, and chronic back pain. The gentle movements and mindfulness practices of Tai Chi can help to alleviate physical discomfort and promote healing.
7. Emotional Well-being: Regular practice of Tai Chi has been linked to reduced symptoms of depression and anxiety, as well as improved mood and overall emotional well-being. The meditative aspect of Tai Chi allows practitioners to cultivate a sense of inner peace and tranquility, even in the midst of life's challenges. **Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.**

## Trailblazers Walking Club

In November the Trailblazers were inspired by the beautiful and historic sights of Kyoto, Japan to walk 5036 laps or 403 miles around the building. That's about the distance it would take to walk from Kyoto to Osaka, Japan's third most populous city, and then all the way to the Shimonoseki, the westernmost city on Japan's main island, Honshu.

In December the Trailblazers tv monitor will display fabulous images of Longwood Gardens' annual holiday display. Longwood Gardens is a public garden that consists of more than 1,100 acres of gardens, woodlands, and meadows in the Brandywine Creek Valley in Kennett Square, Pennsylvania on property originally owned by the DuPont family. It is one of the premier horticultural display gardens in the United States and is open to visitors year-round to enjoy native and exotic plants (both indoor and outdoor), events and performances, seasonal and themed attractions, as well as educational lectures, courses, and workshops.

Every Christmas season Longwood Gardens puts on one of the most magical holiday displays in the United States with over 500,000 lights, both outside on the grounds and inside multiple buildings. The event includes illuminated fountains, decorated trees, and festive music. Visitors enjoy themed decorations, seasonal plants, and the Garden Railway. A highlight every year is the conservatory with spectacularly decorated giant Christmas trees and thousands of poinsettias, paperwhites, amaryllis, and other holiday blooms bringing living brilliance to every scene. As you imaging strolling through the festively illuminated grounds and the wondrous indoor scenes of the yuletide, remember the Trailblazers motto: "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.*

## Halloween Party and Costume Contest Winners

Creative costumes abounded at the Center's annual Halloween party! It was a difficult decision but the winners were:

1st place: Jesse and Sally Ivy as pirates

2nd place: Maizie Johnson as a geisha

3rd place: Jane Olson as a Lipton tea bag



## Meet A Member: Wayne Johnson



Wayne Johnson considers himself to be a "nice, quiet guy." He grew up in East Omaha, Nebraska, a town that is "no longer there" as its land has been annexed by the city of Omaha and the Eppley Airfield Airport. For kindergarten through eighth grade, he attended Pershing School. It was so close to the airport that every time a plane took off the teacher quit teaching. Wayne joked, "There weren't a lot of educated kids coming from that school." Before high school, an all-boys Catholic School attempted to recruit Wayne to attend so he could play on their football team, offering to buy his parents a house. He and his family ultimately decided that this was not the best choice for Wayne and he attended Omaha North High School.

Wayne had several different jobs over his years of employment. He started out doing construction and iron work but discovered that there was not enough work in the winter. He took a job as a 3rd grade stationary engineer for the Omaha Public Schools where he maintained the heating and cooling systems and cleaned the

buildings. He didn't enjoy the work, but it had great benefits. "I'm glad that I listened to my father about taking that job," he said because the stability and income were very helpful for allowing him to provide for his four children. He also farmed for thirty years, growing alfalfa and raising livestock including piglets. Owning and breaking racehorses was another of his endeavors. He sold his farm and moved to Mapleton after he retired in 1996.

Wayne's children have produced five grandchildren, one of which is a comedian who has performed in Branson and many other places, and two great-grandchildren. He also considers his girlfriend Lois' family to be his own. Wayne and Lois have been a couple for thirteen years after meeting at a dance at the Eagle's Club. Wayne said after meeting Lois, "I knew right away, but I had to persuade her."

At the Center, Wayne is a regular singer at the Wednesday Jam Sessions, and enjoys harmonizing with Lois. The two also attend karaoke on Thursdays where Wayne tries out various tunes. Another hobby of his is "looking for lost treasures" with his metal detector. One of Wayne's accomplishments is building his own log cabin on land south of Missouri Valley. He "made good money on it" when he sold it.

Words of wisdom that Wayne would like to share are, "Be strong, be kind, be positive, believe in God, our creator. He adds, "Yes, it's okay sometimes to ask, 'Why, God?'"

## Chair Yoga Annual Christmas Survey

As we gently stretch into the holidays we're sending warm wishes your way for a season filled with gratitude, gentle movement and holiday cheer. We hope the season brings you peace, joy, and just the right amount of sparkle. We completed the 2025 Christmas survey just to give you some idea of our holiday preferences, traditions, and experiences.

Do you have a favorite Christmas event you never miss? Pat says that "going to Sioux Falls to see Christmas lights" is a highlight. Nancy mentioned "going to church with my friends." Caroline also mentioned church. Linda said that something that is truly memorable is having "cookies and cocoa at the North Sioux library."

Really varied is when we do shopping for Christmas. Nancy says, "I don't do holiday shopping," to Linda's "year-round." "November first" and "December first" were common answers. And then we have Candy's "Close to the last minute."

What Christmas activity do you enjoy the most? Jeannie enjoys "going to the Brown's Christmas concert and meal in Le Mars. Also driving around and looking at the Christmas lights."

Everybody chooses artificial trees; as Cleo states, "real trees are such a fire hazard and there are tons of scents for the home to give the smell like a tree." Cleo's never misses Christmas music at Morningside University, "I have been attending for years, the music is so beautiful."

Our members emphasize the importance of family gatherings, religious services, and family-oriented activities. However you choose to celebrate the holidays, I hope it's a magical time of year for you and your loved ones. May your days be filled with joy, warmth, and the special moments that make this season truly wonderful. Wishing you all the best this holiday season from everyone in Chair Yoga.

## 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



CARDINAL PHYSICAL THERAPY

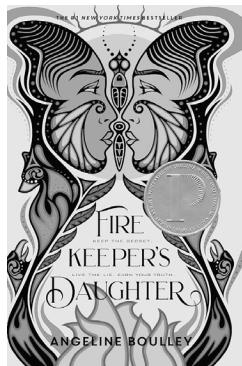
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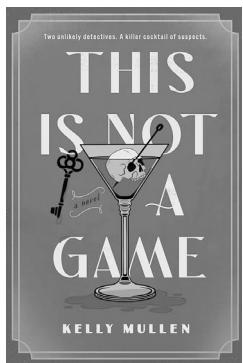
## Book Discussion Group

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.



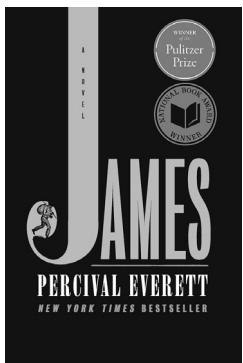
### December 4: Firekeeper's Daughter by Angeline Boulley

As a biracial, unenrolled tribal member and the product of a scandal, Daunis Fontaine has never quite fit in—both in her hometown and on the nearby Ojibwe reservation. When her family is struck by tragedy, Daunis puts her dreams on hold to care for her fragile mother and reluctantly becomes involved in the investigation of a series of drug-related deaths.



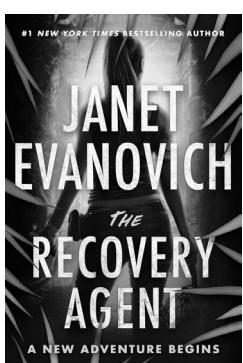
### January 8: This Is Not a Game by Kelly Mullen

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 agency, intelligence, and compassion are shown in a radically new light.



### March 5:

#### Recovery Agent by Janet Evanovich

Lost something? Gabriela Rose knows how to get it back. As a recovery agent, she's hired by individuals and companies seeking lost treasures, stolen heirlooms, or missing assets of any kind. She's reliable, cool under pressure, and well trained in weapons of all types. But Gabriela's latest job isn't for some bamboozled billionaire, it's for her own family, whose home is going to be wiped off the map if they can't come up with a lot of money fast.

## Christmas Eve's Eve Jukebox Dance Party



The day before the night before Christmas, dress festively and dance with your friends at our video request dance party. We'll rock around the Christmas tree to your favorite songs from yesteryear. Your song requests are always welcome! **December 23, 1-3 p.m.**

## Classes with Suky

Suky is thrilled to be re-instated in the SCSEP program so she will be continuing her Thursday balance class at noon. Please note that the Monday and Wednesday Beginning Spanish classes will both start at the same time from now on, at 1:30, meeting in the Classroom. Her Monday and Wednesday exercise classes will also be uniform from now on: Chair Yoga at 12:30 and Chair Cardio both days at 1pm in the Fitness Classroom. No exercise or Spanish classes will be held on the second Monday of the month when the birthday parties take place. Suky is available by appointment for tutoring Monday through Friday from 10 a.m.-11 a.m. for Spanish, German or French.

## Wisdom from Hilda

You arrived naked, you will leave naked.

You arrived without goods or money, you will leave without goods or money.

For your first bath, someone washed you. For your last bath, someone will wash you.

This is life.

So why so much malice, envy, hate, resentment, selfishness? Be good to each other. Do the right things.

We're all just one accident, one diagnosis, one unexpected phone call away from a completely different life. Stay humble and don't take anything for granted.

## Choir News

It is the time of year we all can gather and enjoy the gift of the Holiday Season. Of course, then, our focus is on music for the season--songs of joy--new ones and old favorites plus the sing alongs. We are scheduled to return to Sunrise and sing for 2 groups who have requested us back--and we love singing for them. The welcome we receive is so heartwarming and applause uplifting too. Our group is mighty in heart that sing for JOY and LOVE. Wish you all would come sing with us and find the love that flows in melodies. We welcome all for sure. Our Choir is taking a hiatus in the month of January as weather usually hits then. But WE WILL BE BACK then later to continue to share the JOY OF MUSIC WITH ALL!

**REMEMBER-Wednesday 11 AM in the MUSIC ROOM**

**AND TO ALL:** Have a BLESSED Holiday and stay well--thoughts are all!! We are enriched by living in this great nation for sure!

## Volunteer Brunch: You Go Above and Beyond

On November 3, the Siouxland Center for Active Generations celebrated the many members who have put in thousands of volunteer hours at the Center over the past year with a thank you brunch. The theme of the brunch was "You Go Above and Beyond" to recognize all the volunteer work that makes the Center run successfully. Leading classes, volunteering in the cafe and kitchen, unloading boxes of personal papers at Shredtastic, cooking and serving holiday meals, setting up for Friday dances and birthday parties, taking care of our beautiful plants, helping out at the front desk, and greeting and taking tickets at special events are just some of the ways that volunteers contribute their time and talents to the Siouxland Center for Active Generations. We are extremely grateful for each and every one of our volunteers!

We'd like to recognize the top ten volunteers who have logged the most hours over the past year:

1. Lucy VanValkenburg, 977 hours, volunteers in the cafe.
2. Carla Leibrich, 708 hours, performs housekeeping services around the Center, volunteers at special events, and helps with a variety of tasks.



3. Karen Bourne, 569 hours, directs the Active Generations Choir and runs the computer for Bridge.
4. Melinda Carlson, 534 hours, volunteers in the cafe.
5. Barbara Doren, 521 hours, manages the Center's gift shop.
6. Roma Johnson: 500 hours, checks people in at the Friday dances and creates the Active Generations logo t-shirts available for sale in the lobby.
7. Bev Hall, 454 hours, takes care of the plants at the Center and leads exercise classes.
8. Ellen Christofferson, 350 hours, leads the Mah Jongg group and offers instruction.
9. Norma Huebner, 294 hours, serves refreshments at Friday dances and birthday parties.
10. Helen Eriksen, 275 hours, manages the library.



## Racing Homing Pigeons Enchanted at the November Birthday Party

To celebrate our members with November birthdays and to honor our veterans, Mike Beavers visited the Center to speak about his interesting hobby of raising racing homing pigeons. Mike shared an informative documentary about the history of racing homing pigeons narrated by Michael Landon, the actor who starred in Little House on the Prairie. He then took questions from the audience and let them touch one of the pigeons. Attendees were invited to write messages on slips of paper. Mike attached the messages to the birds then took them outside where our members

had the chance to release the pigeons up into the air above the Center's parking lot.

All of the pigeons returned to the Beavers' home

- 5 of the pigeons returned with messages right after the presentation
- 1 was in the loft the next day
- 1 only had the tie
- 3 came back with nothing
- 4 messages appeared two days later!



# DECEMBER BIRTHDAYS

Mary Abraham	Vesta Gilbertson	Julie Mabeus	Richard Stephan
Helen Anderson	Sandra Graser	Dennis Magden	Jerald Stewart
Linda Anderson	Colleen Guy	Dianne McCall	Ritch Stolpe
Becky Atkinson	Jane Henderson	Phyllis McMillan	Michael Tew
Donna Beauchene	Vince Henrichsen	Mary McGinty	Phyllis Jean Todd
Marlo Beermann	Mike Hobart	James Mothershead	Mary Ann Tope
Jackie Biggerstaff	Iris Hofling	Gilbert Nelson	Karen Tuesink
Jeanne Bockholt	Gary Hoklin	Jeanine Newton	Judy Turner
Rebecca Brennan	Terry Hubert	Joseph Nicolas	Joan Walker
Bernardine Burke	Lyle Dean Hughes	Barbara Notto	Elaine Mary
Dan Burrows	Richard Husman	Nancy Oates	Waskow
Sheri Chambers	Cathy Jennings	Sandy Oberman	Michelle Watkins
James Chancey	Eric Johansen	Karen Olasz	Lois Weber
Vesta Clausen	Wayne Johnson	Carol Ostermeyer	Dennis Weil
Pamela Coad	Susan Jones	Carol Panaggio	Adrians Welch
John Cole	Norma Jean Jones	Mike Patterson	Rick Wellenstein
Nicholas Copas	Mary Jones	Linda Peete-Flom	Beverly Weseman
Anne Cowley	Violet Jordan	Norma Petersen	Carmen White
David Cox	Patricia Kampfe	Rosie Petersen	Michael White
Pamela Crabb	Carolyn Keleher	Betty Pratt	Paula Wiley
Linda Craft	Sally Kimball	Beverly Rabe	Susan Jensen
Mary Crouse-Cork	Christy Kingdom	Morey Rasmussen	Wollesen
Lynda Lee Deabler	Knopfler	Joan Ratley	Donald Wulf
Jannette Domayer	Matthew	Kurt Riemer	Sarah Young
Emily Domayer	Kinnaman	Bernadette Rixner	Kirk Zimmerman
Leisa Doren	Trudy Kirchmeier	David Roach	
Gary Duerksen	Karen Koch	Timothy Rowland	
Kenneth Dvorak	Shavonne Kopal	Beth Rozeboom	
Kathryn Schorer- Eller	Elizabeth Mae	Lillian	
John Fagan	Kosinski	Santiago-Perez	
Maryann Farrell	Ruth Koster	Gayla Saxton	
Loren Fauth	Lori Kounas	Norma Schager	
Chris Flanagan	Barbara Kron	Sue Schmedinghoff	
Jeff Flom	Carol Krumwiede	Larry Shaver	
Frank Froehlich	Rodney Kuchta	Janet Skogman	
Donald Fylstra	Robert Larson	Charles Smoley	
Dana Gilbert	Merlene Levering	Markeen	
	Pam Lillie	Starin-Todd	

## Welcome NEW Members

Terry Beaumont  
Carol Beaumont  
Shelly Bird  
Julie Cardwell  
Carmela Diaz  
Linda Durr  
Katy Fiksdale  
Chris Flanagan  
Sheila Gernhart  
Dale Gernhart  
Doug Jaminet  
Karlyn Jarratt  
Pam Lillie  
Joseph Moos  
John Patterson  
Joni Patterson  
Pat Rooney  
Rojean Scott  
Arelene Simon

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

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