

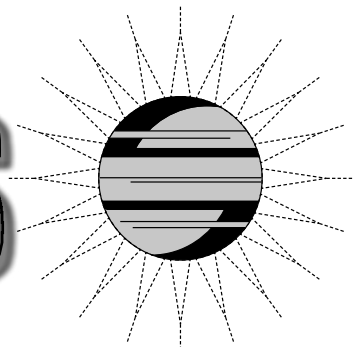
SUNSHINE NEWS

FEBRUARY 2025

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Siouxland Center
for Active Generations

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

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

Ways You Can Help Support the Siouxland Center for Active Generations

by Janet Hein and Diana Stokes

In our December newsletter, we noted that the Siouxland Center for Active Generations recently lost a significant source of funding from the United Way. It will be a challenge for our organization to make up this amount in 2025. Below are ways you as a member can help support the Center.

Attend our Saturday evening dance parties. Many of us remember Storm'n Norman's dance hall. What a wonderful time we had laughing and dancing to fabulous 50's and 60's music. Jeanette Schwartz offered a great place for bands to play and entertain. The Siouxland Center for Active Generations wants to keep this tradition going, with Jeanette's blessing of course. Come out for a Saturday evening of fun and listen to all your favorite songs from when you were young. Fantastic bands have been booked through to the summer so far. Members of the Siouxland Center for Active Generations only have to pay \$10 entry in advance for a live musical performance. Your attendance at these parties will help to pay the bands we have booked and will bring in income for the Center. Please bring all your friends as well! Eating dinner at the cafe before the show starts also helps to bring in revenue. This month's band will be local favorite The Huckleberrys on February 22. Guitar player Chopper Pelchat will be preparing the famous Coney Island chili dogs that evening. In addition, Fiddler Creek will be playing on Saturday, February 15.

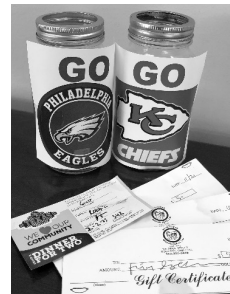


Support our fundraisers and special events. Just about every month the Center has a fundraiser or special event that will help our mission. In September, the Olive Garden donated food for a fundraising lunch. In August local pizzerias donated pizzas for us to sell, and in July we had a successful doughnut fundraiser. Attending these events allows you to eat delicious food and improves the Center's bottom line. This month we'll be having a Valentine's Day lunch on Friday, February 14. Bring your sweetie and all your friends to celebrate the day of love with great food



and company before the performance of the Singer Family band at the Friday dance party. Next month our annual Cruise Ship Week will feature a trip to the Greek Isles with special activities all week. We'll have a Fat Tuesday lunch to celebrate Mardi Gras on March 4 and a special Greek lunch prepared by ladies from the Greek Orthodox Church on Friday the 7th. The popular Spa Day will also return.

Participate in our raffles. The Siouxland Center is always finding ways to raise money. Our raffles are interesting and sometimes creative. We've raffled off quilts, Christmas gifts, grills, and pies. Yes, I said pies. A few months ago, Hilda Pearson was generous enough to make and donate several pies to help raise money for the center. Hilda's peach pie raised \$80. We offer 50/50 raffles at the Saturday Night Dance Parties; half of the money goes to the Center and half goes to the raffle winner. In the month of February, we will offer a Super Bowl raffle. Put your raffle tickets into the jar representing the team that you think will win the Super Bowl. The raffle winner will be drawn from the jar of the winning team. If you have any raffle ideas let Diana know at the front desk.



Increase your attendance if SilverSneakers pays for your membership. The Center has about 400 people whose membership is covered by the SilverSneakers Medicare Part C plan. Insurance companies have figured out that if the people they cover participate in exercise plans, it saves about \$1000 a year in coverage. It is in their interest to financially encourage their clients to go somewhere to exercise. However, if you don't come check in at the Center, we don't receive any payment. SilverSneakers pays the Center \$2.60 per member visit. Aim to visit at least 3 times a month to equal the \$75 annual membership fee. The more you visit in addition to that, the more it helps the Center. If you're really motivated, eighteen times a month will help us



the Sunshine News

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712-255-1729
Monday - Thursday
8 a.m. - 2:30 p.m.
Friday
8 a.m. - 3:30 p.m.

www.siuoxlandcenterforactivegenerations.com

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Annual Dues — \$75 per Person

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

reach the maximum payment of \$20 per month. This is a very easy way for you to help the Center, just show up and use your membership!

Recruit new members. Who wouldn't want to be a part of the fellowship, activity, and fun that the Center has to offer! Bring your skeptical friends and show them all of our amenities. With activities like cards, mah jongg, belly dancing, karaoke, creative writing, technology classes, exercise classes, special speakers, and art classes including an upcoming new stained-glass class, we hope to offer enough variety for everyone to enjoy. Help us spread the word about what a great place the Center is to spend time in!

Donations. Your direct financial contributions are a big help in assisting the Center with our mission. Some companies match donations to charitable organizations. If you're no longer working, perhaps your children's employers have this type of arrangement? You might also consider a charitable bequest to the Siouxland Center for Active Generations in your will. Donations may be given in a variety of ways; for example, help us restock the coffee shop and our sunshine café. Items may also be donated to the gift shop. Donate time as a volunteer.



Enjoying meals or a snack at the Sunshine Café or coffee shop. Come and meet the ladies of our Sit and Sip Cafe. Jolynn and her volunteers always offer quick and tasty lunches and snacks. Jolynn makes awesome soups and sandwiches, wraps and salads. Our Sunshine Café serves biscuits and gravy on Wednesday mornings. We have hot lunches on Wednesdays and Fridays from 11 to 12:30 p.m. and the price is only \$7.00, what a bargain! Pat, our fearless leader, makes great tasty ribs. If you have any menu ideas, please let us know!

We hope you'll take some of these actions to help the Siouxland Center for Active Generations get through our financial shortfall and continue our mission of enriching the quality of life and support independence and vitality for our members. If we can pull together as a community, we can keep our treasure and home away from home running strong!

Valentine's Day Dinner



Before the Friday dance party featuring the Singer Family Band, celebrate the day of love and friendship with your friends at the Siouxland Center for Active Generations with a romantic candlelit lunch featuring lasagna, salad, breadsticks, and dessert for \$10. Buy tickets at the front desk. Guests will be served in the order of their ticket number. **Friday, February 14, 11 a.m. to 12 p.m.**

Found Jewelry Stone

Are you missing a jewelry stone? A round clear stone that appears to have fallen out of a ring or earring was found at the Center several weeks ago and has not yet been claimed. Please see Kristina if you think it may belong to you.

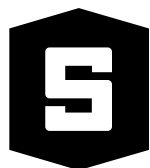


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February Birthday Party: D&G Band



In honor of her mother Jeanne Sailor's February birthday, Gerri Gill and her friend Diane Widener will perform gospel favorites playing guitar, keyboard, and drum at the February birthday party. Gerri and Diane previously graced us with their music at their Highlights of Israel talk show in August where they were enjoyed by all

the attendees. Remember, it does not have to be your birthday month for you to attend the monthly birthday party. Everyone is welcome to enjoy the music and the birthday cake donated by insurance agent Joe Evans.

Monday, February 10, 1 p.m. in the Multipurpose Room

Older Adult Technology Series with Pam from Connections: Zoom

Curious why Zoom has become everyone's go-to video conferencing software? Pam from Connections Area Agency on Aging will go over how to use Zoom to chat with friends and family and participate in meetings and classes. You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat. Sign up in the Activities Book to participate.

Wednesday, February 19 at 10 a.m. in the Conference Room.



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.

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

Donations

Colleen Baker	Robert Davis	Linda King
Mr/Mrs Douglas	John Derocher	Anna Kounas
Bentley	Franklin Gilbert	Jerry/Sue Levay
Kristine/Todd	Kyong Hanshaw	Ellen Livingston
Bergstrom	Carolyn Hanson	John/Patricia
Donald Casaday Sr.	Donnette Hatch	Scherman
Anne Cowley	Bruce Hunkins	Karen Smith
Sherry Craig	Bonnie Jonas	Yvonne Thallas

Easterseals Assistive Technology Presentation

Easterseals will be conducting a short presentation of their Assistive Technology Program. Easterseals has a variety of devices that can help individuals remain independent in their daily lives. Some devices are especially helpful following a surgery. These devices will be on display and demonstrated. Please attend this session to learn more about what Easterseals has to offer. **Tuesday, February 4th at 10:00 a.m. in the Conference Room.**



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

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Charter at NorthPark Place
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New Weight Loss Support Group

Anybody interested in a free weight loss discussion support group, please sign up in the Activities Book with name and phone number.

Jazz Dancercise

Jazz Dancercise will not meet in February. Class will resume on March 4.

STRUGGLING TO PAY YOUR RENT?

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Cruise Ship Week



The votes are in and the destination for Cruise Ship Week 2025 is the Greek Isles! Cruise Ship Week will take place the first week in March, the 3rd through the 7th. We're planning several themed events and activities for this week including:

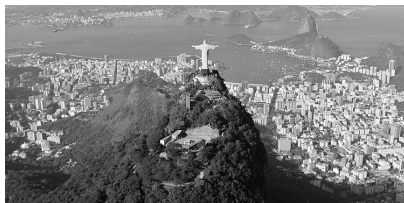
- A Fat Tuesday lunch (Mardi Gras is on March 4 this year)
- Mardi Gras Dance party
- Spa Day: our Conference Room will be transformed into a spa and you can book various treatments such as face masks, foot soaks, guided meditation, and aromatherapy. This was quite popular last year!
- Dress up contest at the Wednesday Jam Session
- Cruise ship games "on the deck"
- Greek Cuisine Lunch made by ladies from the Greek Orthodox Church
- Cruise Week Dance party with Jerry O'Dell's Country Flavor band on Friday

Look for more information in the next few weeks on the S.S. Active Generations Cruise schedule!

Trailblazers

It was cold and snowy outside, but the Trailblazers enjoyed imagining walking along the beautiful tropical beaches of Barbados. They walked an inspiring 2,464 laps or 197 miles which is about the same as walking around the coastline of the island three times and then walking across its width.

In February, we'll journey on to South America, to the marvelous city of Rio de Janeiro, home of Carnival, the biggest pre-Lent celebration in the world. Two million people per day flood the streets of the city in the five days before Fat Tuesday. Revelers, feather adorned floats and performances from over 200 local samba schools are features of the Carnival parade. In addition to taking in the sights of this grand festival, we will stroll through the beautiful seaside city with picturesque beaches full of tanned sea bathers and soccer enthusiasts kicking balls in the air. Attractions of Rio include the giant Christ the Redeemer Statue, Sugarloaf Mountain, the artistic Santa Teresa neighborhood that includes the iconic yellow tram that connects it to the city's center and the famous Selaron Steps with 2000 decorated tiles from over 60 countries. As you experience the city of bossa nova and the famous Copacabana and Ipanema beaches, remember to "Walk, Talk, Get Fit!"



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February Yearly Membership Anniversaries

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

Mary Abraham	Lowell Cooper	Karen Hageman	Karen Koch	Mary Nyhus	Smith
John Anderson	Ruth Cornell	Margaret Hall	GeorgeAnn Kock	Shirley Patrick	Michael A Rev Smith
Pamela Anderson	John Cowley	Ann Hand	Sandy Lang	Hilda Pearson	Gloria Stinton
Richard Anderson	Judith Cowley	Audrey Hansel	Arlene Lewis	Norma Petersen	Linda Swanberg
Jan Ashmore	Marv Crim	Robert Hanus	Dennis Martin	James Richert	Michael Tew
William Bauerly	Bob Davis	Alex Heinecke	Andrea Martin	Dianne Roach	Candelario Topete
Vicky Bentson	Dennis Dvorak	Vickie Henrichsen	Jan Masteller	Susan Rochester	Pamela Unkel
Ken Biggerstaff	Ruth Ellis	Donna Hindman	Michele McDevitt	Leona Rogers	Danny Unkel
Jackie Biggerstaff	Dan Ellis	Mike Hobart	David McDevitt	Tim Sachtjen	Barb Vakulskas
Christan	Dale Erlandson	Sharon Hobart	Ron McKewon	Jim Sandman	Tom Vakulskas
Birmingham	Lanette Falk	Wesley Jaynes	Pamela Mears	Florence Schineke	Teresa Valdez
Lynn Blomberg	Patricia Fischer	Eric Johansen	Dennis Milbrodt	Larry Shaver	Kay Wagner
Theresa Card	Douglas Frahm	Judy Johansen	Stephen Mitchem	Cletus Sitzmann	Lois Ward
Paula Carndell	Mary Groen	Jerry Johnson	Eileen Mitchem	Sharon Sitzmann	Gary Wenell
Larry Carter	Michael Grote	Norma Jean Jones	Frank Navrkal	Deb Skouge	Lois Zunker
Donald Casaday	Marilyn Hagberg	Vertus Kluver	Jeanine Newton	Rev. Dr. Judy A	



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February Creative Writing Themes

The Creative Writing Program at the Siouxland Center for Active Generations meets every Tuesday at 10:00 a.m. in the Meeting Room. The program is for everyone with a story to tell. We have a diverse group that comes together and shares personal stories, local and world history events in their lives. We have poets and joke writers. It is not about a professional wanting to publish a book, but we certainly have a lot of fun! There is a theme each week that you may write about or just come and listen to the stories others have to share. New members are always welcome. If you are interested, please feel free to just stop by the class.

Our Creative Writing story telling themes for the month are:

Feb. 4th..... Write on why the month of February is unique.

Feb. 11th Write about one of your favorite friends.

Feb. 18th Write about Valentine Day as a student.

Feb. 25th..... Write about why we celebrate Washington or Lincoln's history!

FACTS ABOUT THE MONTH OF FEBRUARY

1. Ground Hog Day was a German superstition; if the animal saw his shadow on February 2nd, six more weeks of winter followed.
2. February 14th is Valentine's Day & the 2nd most popular day to send cards.
3. February is the most misspelled of all the months.
4. February is American Heart month.
5. President's Day is in February.
6. Black History Month is in February.

A VALENTINE POEM by Catherine Pulsifer

February's Gifts

February comes with a quiet grace.
Winter's beauty still in place.
Snowy mornings and skies so clear,
A month that whispers, "Spring is near."

Valentine hearts and love to share,
Family bonds and friendships rare.
With violets, primroses, amethyst's hue.
February shines, both old and new.

WITHOUT Valentine's Day,
February would be...well, January.

Choir News



After a break in January, the Active Generations Choir will begin meeting again this month, on Wednesday, February 5. Come join in the fun of singing with others!

Wednesdays at 11 a.m. in the Music Room.

OUR TREASURES

by Kay Reynolds

Do you EVER stop and think-
Just HOW VALUABLE YOU ARE?
Not-in terms of wealth or power
But YOUR ESSENCE reaches far!

Just going about your daily things
There are people you value-THEY VALUE YOU
It carries over into all realms
You're HIS ADOPTED-He follows all through.

You are a beacon of light to shine brightly
Through YOU-to reach all around;
Showing the RIGHT course of actions
BE THE PLACE others are glad to have around.

Are you steadfast in all you do-
Never wish-washy and bouncing all over in action?
Have you SET YOUR COURSE-not go astray
With FIRM PURPOSE-no worldly distraction.

You are UNIQUE-each so special
He wants each one to SHINE:
For, in our actions, we truly show others
Remember what our LORD SAID: "HE/SHE'S MINE!"

Genealogy Class: Eleven Days Missing on the Calendar

The Georgian calendar that is used throughout most of the world today has not been used throughout history. Pope Gregory XIII introduced the Gregorian calendar in 1582 and replaced the Julian calendar, which was the most common calendar in Europe at the time. Find out how this relates to genealogy and what to look out for when you are researching dates throughout history and in different countries. **Friday, February 14, 10 a.m. in the Classroom.**

February Jukebox Party: My Funny Valentine



The February Jukebox Party will feature amusing songs about love and romance. Come laugh along while you show off your dance moves. We'll also do a few Just Dance videos.

Tuesday, February 11, 2-4 p.

10:00 am Tai Chi (Advanced) 10:30 am Tens Card Game 11:00 am Balance Class 12:00 pm Bunco-\$1 entry 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate	10:30 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance, 12:30 pm Painting Class 1:00 pm Ping Pong	10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Open Bridge 12:30 pm Card/ Board Game Group-Misc. 1:00—3:30 pm Friday Dance Saturday, February 22, 7-10 p.m. Saturday Night Dance Party featuring The Huckleberrys
24 1 pm Parkinson's Support Group (4th Monday) 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Cornhole 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	25 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie, Live Well Home Care 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	
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February 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
3 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Companion Meeting 9:00 am Senior Yoga (CD) 9:30 am Comboh 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-S1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	4 10 am Easterseals Presentation 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong	5 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie, Live Well Home Care 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	6 10 am Book Discussion Group 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	7 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Jane's Ballroom Lessons 12:00 pm 500 Card Club 12:00 pm Bunco-S1 entry 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> 4 on the Road
10 1 pm Birthday Party (2nd Monday) D&G Band <i>Cake donated by Meligold</i> 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Companion Meeting 9:00 am Senior Yoga (CD) 9:30 am Comboh 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tens Card Game 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 1:00 pm SilverSneakers Chair Fitness	11 2-4 pm Jukebox Dance Party 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 11:00 am Belly Dancing 11:00 am Mah Jongg (experienced players) 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Ping Pong	12 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie, Live Well Home Care 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session - \$1.00 Guests 11:00 am Choir Practice 11:00 am-12:30 pm Full lunch 11:30 am Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness	13 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group	14 11 am Valentine's Day Lunch 10:00 am Genealogy Class (2nd Friday) 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Jane's Ballroom Lessons 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance <i>Featuring</i> The Singer Family Band Saturday, February 15, 7-10 p.m. Saturday Night Dance Party <i>featuring Fiddler Creek</i>
17 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:15 am Spanish Class 9:00 am Senior Yoga (CD) 9:30 am Comboh 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting	18 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing	19 10 am Technology Class: Zoom 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 9:00 am Yoga w/Dixie, Live Well Home Care 9:00 am Duplicate Bridge 9:30 am Painting Class	20 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 8:15 am Spanish Class 9:00 am Penny Bingo 9:00 am Tattng 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness	21 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am Jane's Ballroom Lessons 12:00 pm 500 Card Club

Saturday Night Dances

We're excited to bring you two fantastic evenings of music and dance in February!

February 15: Fiddler Creek



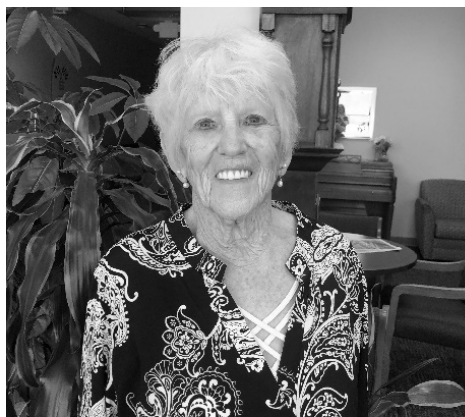
Drummer Eric Reed (of Country Brew) and his daughters, along with Bob Brewer and other band members play fantastic country and rock and roll music. Paul Zielezinski had them at his birthday party a few years ago and says they brought out a great crowd. He highly recommends them. Come out to hear them play on Saturday, February 15 from 7-10 p.m. The cafe will be open for food and drinks before the performance.

February 22: The Huckleberrys



Our favorite local rock stars Chopper Pelchat and Denny Feauto, with jack-of-all-instruments Ed Tryon and drummer Mark Mussack have years of experience performing rock and country music to enthusiastic crowds. You've enjoyed them on Fridays; now come out for a special Saturday night with the Huckleberrys. Chopper will make the famous Coney Island Dogs before the performance!

Wisdom from Hilda



Laziness kills ambition
 Anger kills wisdom
 Fear kills dreams
 Ego kills growth
 Jealousy kills peace
 Doubt kills confidence
*Now read that from right to left
 (backwards)!*

Dating when you're older
 Is like trying to find
 A cart with good wheels
 At Walmart.

Medicare Advantage and Supplement Plans

Affiliated with ten different insurance companies.



**One on One
 Help with Bruce!**

Bruce Hunkins
 Independent Agent

Iowa, Nebraska,
 and South Dakota

402-709-7314 TTY 711
 bahunkins@yahoo.com

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

Crafts with Bickford



In January, Deb and Liz from Bickford Assisted Living and Memory Care showed our members how to make a fun Valentines craft.

Chair Yoga

In the sequencing of a yoga class the initial steps begin with a breathing exercise. Breathing? But there's no movement in that! It's the most important thing we do every single day, and most people give it very little thought. But, when it comes to a productive yoga routine, settling your mind, relaxing, and centering yourself, breathing is one of the most important steps to master. You've heard me talking about breathing many, many times. To assist me in putting my thoughts together I have included some ideas from an article on mindful practices.

When we turn inward and focus on each breath our minds begin to quiet. As we focus on our breaths, other thoughts are less likely to occur. Thoughts like, "Why did my boss say that? Was that bill due yesterday? Should I go on a diet?" All the thoughts that are constantly barreling through our brains take a back seat to our breaths so that, even if they come up, they are easily combatted.

Focusing on breathing also takes the focus off of other areas of our body where we may be holding stress. As soon as we begin to breathe, we loosen our hold on tension, and we release tense parts of our body. Joint compression is eliminated and even our posture begins to improve. Breathing exercises have been known to help with asthma and heart failure and increase lung strength by stretching that tissue. Some breathing exercises can help balance your automatic nervous system, which regulates your body's involuntary functions, such as heart rate, digestion, and blood pressure. This creates a state of equilibrium in your body, promoting overall physical and mental health.

So, next time you're stressed, take a deep breath. And then another, and another...

Kaye Plantenberg



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

Friday Dances



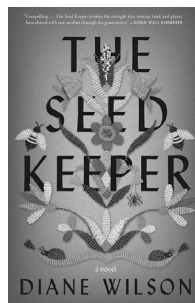
Please join us for lively fun at our Friday Dances! They are scheduled on every Friday of the month from 1:00 p.m. to 3:30 p.m. Open to the public, the cost is \$3 for members and \$6 for nonmembers. We accept cash only. If you would like to have a birthday celebration at one of our dances, please see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

February 7: 4 on the Road
February 14: Valentine's Day Dance
 sponsored by
Amera Senior Living,
 featuring
The Singer Family Band
February 21: Ed Tryon
February 28: The Embers

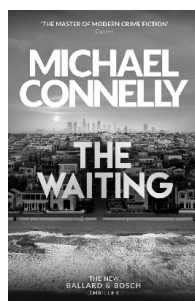


Book Discussion Group

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.



February 6:
The Seed Keeper by Diane Wilson
 A haunting novel spanning several generations, *The Seed Keeper* follows a Dakhóta family's struggle to preserve their way of life, and their sacrifices to protect what matters most. Winner of the Minnesota Book Award.



March 6:
The Waiting by Michael Connelly
 LAPD Detective Renee Ballard tracks a serial rapist whose trail has gone cold and enlists a new volunteer to the Open-Unsolved Unit: Patrol Officer Maddie Bosch, Harry's daughter.

Myths about Healthy Aging

Myth:

Aging means declining health and/or disability.

Fact:

There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

Myth:

Memory loss is an inevitable part of aging.

Fact:

As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

Myth:

You can't teach an old dog new tricks.

Fact:

One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.



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Bridge News

Did you know there are people who are pushing the Olympics organization to include Bridge as an important mind sport? Despite our miserable winter weather, we bridge players continue to enjoy our sport and exercise our brains while enjoying the company of friends. Maybe we are healthier, too, as a result of our bridge games. We have had a very healthy winter. Get ready for spring and join us at Monday and Thursday morning classes or games on Monday, Wednesday, and Thursday.

Tai Chi for Seniors Health Benefits: Good for Your Brain



The older you get, the more difficult it becomes to easily switch from one task to another. But studies show that for some people, tai chi might be able to help. A small study of people in their 60s found that those who practiced tai chi daily for 12 weeks were better able to switch between tasks than those who didn't practice it. They also had more activity in the prefrontal cortex, the area of the brain responsible for higher-level thinking skills. Another study showed that when older adults with memory issues practiced tai chi three times a week for six months, they experienced "significantly improved memory."

From: <https://health.clevelandclinic.org/the-health-benefits-of-tai-chi>

Tai Chi meets on Mondays at 10 a.m. for the advanced class and Tuesdays at 10 a.m. for beginners.

Your Neighborhood Coalitions

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

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

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

Holiday Joy at the Annual Christmas Party

The Siouxland Center for Active Generations' annual Christmas party offered a fun time for all who attended. First a delicious lunch was served efficiently by Lyle, Carol, and our volunteers. They managed to get all of our many guests through the line in about 30 minutes. Next, a variety of useful and fun Christmas gifts were drawn for during the raffle. Congratulations to everyone who won a prize and thank you to everyone who bought raffle tickets to support the Center! Mike Dickson and Cindy Hofmeister won first place in the Ugly Sweater Contest as cross-dressing elves. Bruce and Cleo Spence, Carolyn Guenther, and David Cox won second place with matching sparkly tops. Michele Kuhlmann and Diane McKernan won 3rd and 4th place with their festive sweaters. We were pleased to have Ricky Knutson act as our Santa Claus; many of our members and staff enjoyed posing with him. The Embers performed wonderful music. We were very happy to celebrate the season with all of our dear friends!



Snowy Day Soiree Jukebox Party attendees enjoyed making fake snow and dancing to their favorite party music.



Premier Independent Living & Residential Care Community



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How You Feel about Aging Could Affect Health

by Laura Williamson, American Heart Association News

Is age really just a state of mind? Perhaps not the number, but how we age might be. A growing body of research suggests a person's mindset – how they feel about growing old – may predict how much longer and how well they live as the years go by. Several studies over the past 20 years suggest people with more positive attitudes about aging live longer, healthier lives than those with negative perceptions of the aging process. Recently, a large nationwide study of nearly 14,000 adults over age 50 took an even deeper look into the ways in which positive thinking about aging could impact a person's physical health, health behaviors and psychological well-being.

Published in JAMA Network Open, the study found those with the highest satisfaction with aging had a 43% lower risk of dying from any cause during four years of follow-up compared to those with the lowest satisfaction. People with higher satisfaction also had a reduced risk for chronic conditions such as diabetes, stroke, cancer and heart disease, as well as better cognitive functioning. People with a more positive attitude about growing old also were more likely to engage in frequent physical activity and less likely to have trouble sleeping than their less-satisfied peers. They also were less lonely, less likely to be depressed, more optimistic and had a stronger sense of purpose. "There's a connection between mindsets and health behaviors," said Eric Kim, the study's senior investigator and an assistant professor of psychology at the University of British Columbia in Vancouver, Canada. "One leads to the other."

For example, while older adults tend to use preventive health services less frequently than younger or middle-aged adults, a study Kim co-wrote in the journal Preventive Medicine shows that the more satisfied people over 50 are with how they're aging, the more likely they'll have their cholesterol tested or be screened for breast, cervical or prostate cancer. But it cuts both ways. While having a positive attitude can lead to behaviors that promote good health, "if people believe poor health is inevitable with age, this can be a self-fulfilling prophecy that keeps them from behaviors that will help with aging," said Kim, who also is an affiliate researcher at the Center for Health and Happiness at Harvard T.H. Chan School of Public Health in Boston.

"The good news is, these views we hold about aging are changeable. We can shift our mindset," said Hannah Giasson, who co-wrote the Preventive Medicine study with Kim and others. She is an assistant professor at the Arizona State University Edson College of Nursing and Health Innovation in Phoenix and specializes in the relationship between people's views on aging and their health and well-being. Here are things Kim and Giasson said can help people develop a more positive approach to aging.

Maintain a sense of purpose

"Some people aren't sure what to do with themselves after they retire," said Kim. He suggests finding projects that align with a

person's values. "People's purposes can be quite different," he said. If family is a high priority, find things to do that contribute to the family, such as helping to care for grandchildren. If conservation is a strong value, find projects that contribute to the health of the environment. "Volunteer work is a great way to do this," he said.

Recognize negative messages about aging – and reject them

Research shows negative stereotypes about aging are internalized over a person's life span and can harm physical and cognitive health as a person grows older. "Develop an awareness of these messages," suggests Giasson. "Understand how they influence us." For example, a person may believe poor physical health is inevitable for older adults so there's no use in trying to stay active. But according to the National Institute on Aging, exercise can lower the risk for cardiovascular disease, high blood pressure and Type 2 diabetes, and can improve sleep and reduce the risk of falls. "Recognize that practicing healthy behaviors can support health at any age," Giasson said.

Stay socially active

As people age, they may lose loved ones such as spouses, family members or friends. If a spouse was responsible for maintaining social networks and that person dies, the remaining spouse may grow lonely and more socially isolated. Social isolation and loneliness are risk factors for poor physical and mental health, increasing the risk for heart attacks and strokes and contributing to poor life satisfaction, depression, low self-esteem and difficulty with daily life activities. But research shows maintaining social connections can have a positive effect on health. Kim said it's important to make new connections to replace those you've lost.

"What typically happens is people stop making new friends. Re-engage mechanisms for meeting people that were there earlier in life," he said, such as joining a club or taking part in community organizations. "Reach out to people more, instead of being on autopilot."

Try something new

Sometimes people lose mobility as they age and may not be able to engage in the activities that brought them joy when they were younger. Kim suggests trying to "redeploy that energy in a new way," such as teaching a skill or craft instead of practicing it. Or learn something new that is less physically demanding, Giasson said. Research suggests that older adults who learn new skills can improve memory, self-esteem, and overall quality of life. "Don't fall into the mindset that it's too late to try something new," she said. "It's never too late, and you're never too old to explore new interests."

FEBRUARY BIRTHDAYS

Lillie Rundall	Cathy Greiner	Mary Madden	James Starks
John Anderson	Carolyn Guenther	Janice Marine	Carolyn Starks
John Anderson	Cynthia Guthmiller	Alan McGaffin	Larry Steinbrecher
Gail Ankrum	Arlene Held	Rita Merrill	Julie Stewart
Betty Lou Baker	Sandra Henery	Karen Miles	Richard Storm
Colleen Baker	Cathy Herrig	Sandra Miller	Erv Strohbeen
Karen Balstad	Sharon Hobart	Leonard Miller	Dean Swanger
Anna Barnes	Rose Hobbs	Debra Morey	Judy Tadlock
Kathryn Beacom	Vicki Hodgins	Ray Nanek	Charles Tarvin
Phyllis Bennett	Annette Hoefling	Preston Nason	Gerald Taylor
Clarissa Benson	Jerrold Hoelker	Robert Nelson	Donna Thiele
Kristy	Dennis Hogan	Damon Ooten	Jeanette Togstad
Bohnenkamp	Cheryl	Cathy Ortmann	Candelario Topete
David Bonthuis	Hoopingarner	Glenn Parrett	Frances Uhl
Toni Boschker	Anna Hoover	Steven Petersen	Lindy Uithoven
Robert Brewer	Jeanita Husted	Robert (Bob)	Stephen
Lois Brownlee	Gaylene Ironhawk	Phillips	Vanderburgh
Melinda Carlson	Daniel Janssen	George Polak	Paula Verzani
Steve Chadwick	Wesley Jaynes	Dan Rapacki	Pat Walsh
Betty Church	Julia Johnson	Sandi Rasmussen	Gregory Walz
Rita Cooper	Sharon Elaine	Dale Rawson	Constance
Robert Corey	Junge	Mae Reuter	Wanderscheid
Steve Crary	Roger Kann	Lloyd Rohmiller	Terence Watson
Frances Cummings	Jeanie Keating	Jeannie Sailor	Gary Wenell
Brian Damon	Kenneth Keith	David Schable	Jeanne Westin
Dale Davenport	Louise Keleher	Kathryn Schable	June Wilhelm
Robert Davis	Connie Kryger	Doris Schiltz	Martin Wolf
Don Domayer	Sandra Kuntz	Carol Shimitz	Darlene Wolf
Leann Doran	Shirley Larson	Leanna Shinkle	James Woodford
Pat Ann Ellis	Carla Leibrich	William Sievers	Josh Wren
Eleanor Fetterman	Sue Levay	Barbarb Small	David Young
Helen Foix	Kathleen Lillie	Rev. Dr. Judy A	
Adam Frisch	Sandra Little	Smith	
Eleanor Gibson	Gary Livingston	Lori Smith	
Gary Grause	Diann Love	Guillermo Solis	

February NEW Members

William Binkard

Brian Damon

Ardella Doerr

Albert Furness

Gene Johnson

Dennis Krantz

Sylvia Kuennen

Gloria Magana

Lorenzo Munoz

Ron Roeder

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

Membership Information

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

Refund Information

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

DOLLAR-A-MONTH

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

Maizie Johnson
 Pamela Mears
 Don Schultz
 Don Casaday

Normagene Hughes
 George Polak
 Charlotte Curry
 Sally Kimball

Sandra Grazer
 John Grazer

Dollar-A-Day for a YEAR

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

Dorine and Seymour Livine
 Joel Jarman
 Cindy Houlihan
 Donald & Ruth Kingery
 Jon & Grace Wagoner

Kenneth Dvorak
 Rolene Beauvais
 Robert Steffe
 David Young