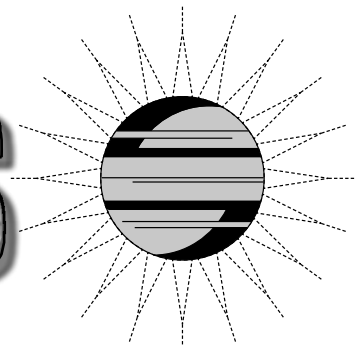


AUGUST 2026 SUNSHINE NEWS

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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

Introducing Our 2026 Senior Royalty



Congratulations to our members who have been elected to the River-Cade Senior Royalty of 2026! Members of the Siouxland Center for Active Generations, also known as the kingdom of Elderland, are annually invited to vote for three women and three men who embody the ideals of SCAG. The wonderful group elected this year are Willard Snyder as King, Vicky Bentson as Queen, Judy Blessing as Duchess, Dennis Derochie as Duke, Bob Steffe as Count and Donnette Hatch as Countess. The royal personages were crowned in a ceremony at the Friday dance on June 26.



Donnette Hatch, crowned "Countess Donnette the Sweet", is a regular at Friday dances, and participates in painting lessons and creative writing. Her writing piece "I Saw an Eagle" was featured in last month's Sunshine News. Donnette is admired by her peers for her gentle, faithful nature and her generosity and friendliness.

Bob Steffe, crowned "Count Robert the Openhanded", was also recognized for his artistic endeavors in painting and creative writing. Bob is always seen at Donette's side at Friday dances. SCAG members praised him for his kind, friendly, and calming



presence and as a great supporter of the Siouxland Center for Active Generations.

Judy Blessing was crowned "Duchess Judy the Jovial". Her joy and enthusiasm vitalize the Friday dances each week. Voters in the Royal Ballot commented on her

warmth and agreeableness. She is praised for being a person of loyalty and faith and a wonderful spokesperson for the Center. Dennis Derochie was crowned "Duke Dennis the Merrymaker". He is appreciated for using his voice to tout the virtues of the Siouxland Center for Active Generations. The people of Elderland love his good nature and zeal for social events.



Whenever the band plays Sweet Caroline, he's on the dance floor!

Vicky Bentson, crowned "Queen Vicky the Considerate", unfailingly thinks about others. She's helped many Friday dance attendees to celebrate their special days by presenting them with birthday cards that she arranged to be signed by all dance-goers. She is

humble, kind, always willing to help, and has a sincere wish for the welfare of all.

Willard Snyder was crowned "King Willard the Waltzer". If there's a dance anywhere in the area, he'll be there with his dancing shoes on. With Willard around, no lady of Elderland will be a wallflower. He inclusively invites them all to dance, especially the newcomers, so that they feel welcome. He's one of the best dressed guys at the Center with his white sport coat and pink carnation, or one of his many festive and fun shirts. He is commended for being a good sport and for always being willing to jump in to help with labor and clean-up. Willard is continually on the lookout for treasures for the Center's gift shop which helps bring in income for SCAG.

Congratulations to the new nobility of Elderland! Wish them a joyous and prosperous reign as they serve their royal duties this year by appearing in the 2026 River-Cade parade and the Kingdom of Riverssance fair in October.

the Sunshine News

A monthly publication of the
Siouxland Center for
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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

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Matching Gift Campaign Meets its Goal

A special thank you to our anonymous donor sowing the seed of giving to our Center. This matching donation opportunity has made an even greater impact than one may realize. By doubling the support provided, our donors, with your encouragement, have strengthened our ability to continue serving our Siouxland Senior community and advancing our Center's mission. Your commitment to matching donations inspires others to give with confidence, knowing their contributions will go twice as far. We are deeply grateful for your generosity and your belief in the work we do together.

To every one of our donors, because of your partnership, we can continue to be a welcoming, accessible organization, reaching more seniors and creating lasting positive changes. Your kindness demonstrates the power of collective giving and reminds us that meaningful progress is possible when supporters come together. We are grateful for your gifts! Thank you for investing in our mission and for helping us make a difference through your matching gift.



Wealth Management Workshop from Compass Wealth Partners

Luke Ballard and Chase Carter from Compass Wealth Partners will be visiting the Center in August for an educational presentation focusing on several topics that are particularly relevant to retirees and those approaching retirement, including:

- Understanding Required Minimum Distributions (RMDs) and recent retirement legislation updates
- Strategic Social Security claiming considerations
- Estate planning essentials, including wills, powers of attorney, beneficiary designations, and probate considerations
- Common retirement planning mistakes and ways to help avoid them
- Practical steps to help organize and coordinate retirement income, taxes, and legacy planning objectives



The mission of Compass Wealth Partners is to help people make informed financial decisions by providing personalized guidance, education, and comprehensive planning. They specialize in retirement income planning, investment management, Social Security and Medicare coordination, estate and legacy planning strategies, beneficiary reviews, and helping retirees navigate important financial decisions with confidence. Their goal for the workshop is to provide straightforward, easy-to-understand information that attendees can use to evaluate their own financial situation and identify areas that may warrant additional attention. **Wednesday, August 12 at 9:30 a.m. in the Conference Room**

Quilting Club Update

The Quilting Club recently received a couple of sewing machine donations to use for projects. Thank you to everyone who contributed a machine! The club is taking a break for August but look forward to things starting back up in September.



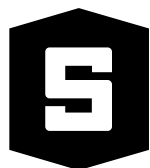


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Android Phone Classes with B

Technology instructor B will continue her series of Android phone classes in August. B's goal is to help you learn to be independent with your phone no matter your age. B will also be available for further questions and one-on-one assistance after her classes. **Classes will be held on Wednesdays at 9:30 a.m. in the Conference Room.**

August 5: System Settings: Build confidence with the system settings that make your phone work.

August 19: Customizing Your Android Phone: Learn how to choose wallpapers, apps, and make your phone accessible for you.



Saturday Night Dance Party: Fiddler Creek



Grab your dancing boots! The Fiddler Creek Band is coming to the Siouxland Center for Active Generations this month for a mix of upbeat country and classic rock! Whether you want to hit the dance floor or just sit back and enjoy the tunes with friends, it's going to be a fantastic time. Come on down, bring a friend, and let's rock the house! Advance tickets for Center members are \$10. Admission will be

\$15 at the door. The cafe will be open for food and drinks beginning at 5 p.m. **Saturday, August 22, 7-10 p.m.**

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 & Kitchen 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.

Vikki Jacobs	Lola Balstad	Dona Dean Lovell
Alice Reeg	Sue Levay	Judy Lambing
Will Snyder	Marianne Meister	Carolyn Wendt
Jane Hunkins	Elaine Waskow	Leona Rogers
Deanna Jacobs	Lillie Rundall	
Ken Dvorak	Carolyn Henjes	
Karen Tew	Vickie Henrichsen	

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Judy Peters	Pamela Houchins-Stephan	Dan Demarest	Kristine & Steve Shults
St John's Lutheran Church	Kenneth & Jacklynn	Helen Foix	Marc Christofferson
Kurt Rieman	Biggerstaff	Robert & Jean Brewer	Kenneth & Sandra
James & Ruth Chancy	Kathleen Graham	Elizabeth Blachnik	Oberman
Bruce Hunkins	Franklin Gilbert	Kathleen Fischer	Jack & Sandy Berger
Donna Olson	Dean & Donna Marsh	Ronald Roeder	

Friday Dances

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

August 7: Jerry O'Dell's Country Flavor Band

Free dance in honor of Linda Fickbohm's retirement from Security National Bank

August 14: The Embers

August 21: 4 on the Road

August 28: The Jim and Leo Show

New to the Center, The Jim and Leo Show will take you back to your younger days of Rock & Roll with 50's and 60's music. They have previously played at Music in the Pasture at the Koffie Knechtion and at the Castle Pub and Grill.



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Meet a Member: Ron McKewon



Ron McKewon joined the Siouxland Center for Active Generations in 2005 and has been a member for 21 years. Ron grew up in Sioux City and is a graduate of Central High School. From 1963 to 1965 Ron worked as a mural artist for the U.S. Army and completed twelve murals. He next went to the Washington School of Fine Art where he studied illustration, life drawing, sculpting, and landscape and wildlife painting. In 1970 he graduated with a degree in commercial art, design, and layout. Over his lifetime, he has participated in many art shows, winning several awards and "Best of Show" honors.

Many business and fundraising organizations have used Ron's artwork to help raise money for worthwhile projects. Among them are St. Luke's Health System, the Siouxland Historical Railroad Association, and the historic Red Mill in Waupaca, Wisconsin. Articles about Ron have appeared in national magazines such as Art of the West, Western Horseman, and Artwork International. His paintings and fundraising portraits hang in many private collections throughout the United States, as well as Germany, England, and France. The South Sioux City Eagles commissioned Ron to render a 12x12 painting of an American Eagle in flight for the front of their building. The painting was part of a major renovation project at that time.

A little something you may not know about Ron is that he once went on a cattle drive in the sandhills of Bassett, Nebraska. He helped to drive a herd of 1,500 cattle forty miles to their summer pasture. With his camera he took beautiful photos that he would later reference for paintings. There is so much that goes into the detail of making a painting from a photograph, the image in your head for the right angle, the shade of light that goes into the meaning of the reflection, all to create the right portrait to make the picture of great value. The cattle drive was intense in emotions as the artists along for the ride experienced the beauty of nature. Ron felt great camaraderie with his colleagues as they gathered around in a circle shoulder to shoulder to discuss all the things that happened in the day.

Ron is very involved at the Siouxland Center for Active Generations. He enjoys sharing his knowledge of artistic techniques with his painting students. He also participates in Jane's ballroom dance club and every year prepares unique dance acts for The Fall Follies. You can find him performing on the stage with his guitar at the Friday dance every other month; he has played with The Embers or at least 50 years. When Ron plays his music in the band or is on the dance floor dancing, you can see how much he enjoys the beat, the sound, and the steps of the music. We are all so happy to be able to hear of some of the wonderful adventures of Ron's life. Congratulations on all your achievements and accomplishments and thank you for the service you have given to the Siouxland Center for Active Generations, Ron!



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August Yearly Membership Anniversaries

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

Thanks! Faith Cosier, Membership Coordinator

Lola Balstad
Judy Blessing
Jefferey Booth
Karen Bourne
Michelle Brady
Gary Dehoff

Gloria Evans
Debra Frazee
Karen Fry
Jeanne Hindman
Gene Hrubetz
Gerald Iversen

Rita Iversen
Pat Johnson
Carol Krumwiede
Ellen Livingston
Wayne Lundgren
Julie Mabeus
Peggy Mace

Richard Mace
Nora Moore
Lois Navrkal
Gilbert Nelson
Jo Ellen Nelson
Jerry O'Dell
Roberta O'Dell

Susanne Okane
Scott Plambeck
Lila Plambeck
Margaret Ryan
Richard Schimmer
Wilma Siefker
Sheila Smith

Janet Thayer
Jeanie Theobald
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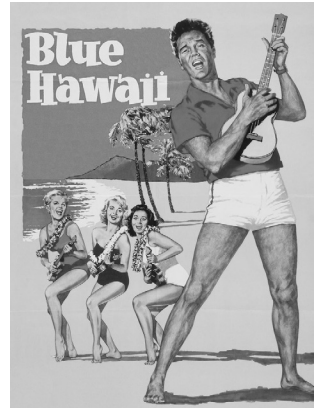
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Blue Hawaii Jukebox Party

Set sail to a land of palm trees, surf boards, black sand beaches, and the music of Elvis Presley for our August 50s and 60s dance party. Wear your best surf or beachwear, make your own paper leis, toss around some beach balls, and enjoy Blue Hawaii mocktails. Ride the crest of the wave onto our dance floor. Song requests are always welcome! **Tuesday, August 18, 1-3 p.m.**



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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:

Aug. 4thWrite about your days in August.

Aug. 11thWrite how you can prevent climate change.

Aug. 18thWrite about the Pony Express

Aug. 25thWrite about what you would put in a time capsule.

FACTS ABOUT THE MONTH OF AUGUST.

1. August's birth flowers are the gladiolus and the poppy.
2. In the days of the Anglo-Saxons, August was known as Weed Month because of how fast they tend to grow at this time of year.
3. Martin Luther King, Jr. gave the "I Have a Dream" speech at the Lincoln Memorial in Washington, D.C. on August 28, 1963.
4. August's "Dog Days" of summer refer to Sirius, the "Dog Star," which now rises with the Sun.
5. August's full moon, known as the Sturgeon Moon, will peak on Thursday, August 27 at 11:18 p.m.

THOUGHTS OF AUGUST

August rain: the best of the summer gone,
and the new fall not yet born.

The odd uneven time.

(Sylvia Plath)

This morning, the sun endures past dawn.

I realize that it is August: the summer's last stand.

(Sara Baume)

The month of August had turned into a griddle
and the days just lay there and sizzled.

(Sue Monk Kidd)

When Was the Last Time?

by Kay Reynolds

Life today is oh so hectic. We race around exhausted until the end of the day. Then we start all over again at the break of day to do it over again... But stop to think a moment: what things DID I MISS--gone and never appreciated!

WHEN DID I---

GIVE thanks for family, friends, health-the fact that I'm

HERE- moving--thinking--all given to me FREELY.,,
TAKE a walk just to relax, energize, and observe things around; then give a prayer and take in a park to just BE THERE..

SPEND a minute to TALK to ones I know--not text or always HALF listen and answer yes--no...

LOOK at others and notice something Good in them? Get to know things about them to comment on...

OFFER a pleasant comment often--especially to those who irritate you and complain--it can change their behavior...

SEE the animals/creatures bouncing around and quietly say "hello" and admire their moves...

GIVE out of the bottom of your heart and go the extra mile.--Volunteer for a cause you like--always needed/appreciated--

STOP to really see ALL you have and give thanks--we'll never have all we WANT...

DO something extra to show a friendship--help in some way--bake goods, share a pleasant thought, joke, book, anything...

SEE ALL as Equal--no matter their opinions, religion, race, place in life...

READ something to learn now--give ideas--quotes of worth to others and just enjoy the reading...

SING along to a song sung that you enjoy even if a bit off key...

SIT and watch people, things, nature, animals and note the unique qualities in each...

TAKE a drive ANYWHERE--just to get away and enjoy the views--open the windows and take in the fresh air/wind coming in--then maybe stop in a small town to eat...

TAKE an overnight or day trip to do something you love: film, concerts, restaurants, parks, races, games...or something NEVER DONE.

FINISH a project that is always left UNDONE...

Begin a NEW GOOD HABIT and then keep it...

MAKE family a FAMILY--not just people living in the same place but DO THINGS and have FUN...

LISTEN to views other than yours and weigh them...

TAKE this project on and think deeply....then MOVE to CHANGE and make better for all!

ONE ON ONE WE CAN DO IT and CHANGE!!

Technology Class with Pam: Smartphone Camera Uses Beyond Photography

Join Pam from Connections to learn about additional ways you can use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices. **Wednesday, August 26, 10 a.m. in the Conference Room.**



Monday	Tuesday	Wednesday	Thursday	Friday
3 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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 Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	4 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong	5 9:30 am Android Phone Class with B: System Settings 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 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	6 10 am Book Discussion Group 1 pm Karaoke 5 pm SCPC Potluck Dinner 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 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	7 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:00 pm Bunco-\$1 entry 1:00—3:30 pm Friday Dance Featuring Jerry O’Dell’s Country Flavor Band Free dance in honor of Linda Fickbohm’s retirement from Security National Bank
10 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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 Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	11 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo, Tap Dance 12:30 pm Tap Dance, Painting Class 1:00 pm Ping Pong	12 9:30 am: Wealth Management Workshop 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 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	13 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 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	14 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 1:00—3:30 pm Friday Dance Featuring The Embers
17 1 pm August Birthday Party Center Stage Tappers Cake sponsored by Live Well Home Care 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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 Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Pinochle 12:00 pm Bridge-Duplicate	18 1-3 Blue Hawaii Jukebox Dance Party 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:00 pm Ping Pong 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class	19 9:30 am Android Phone Class with B: Customizing 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 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	20 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 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 Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	21 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life)) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:00 pm Bunco-\$1 entry 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring 4 on the Road August 22, 7-10 pm Saturday Night Dance Party with Fiddler Creek
24 12-1 pm Team Trivia 1 pm Parkinson’s Support Group 7:30 am—1 pm Coffee Shop 8:00 am Walking Exercise 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 Canasta 10:00 am Beginning Tap Dance 11:00 am Intermediate Tap Dance 11:00 am Balance Class 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga 1:00 pm Chair Cardio	25 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Beginning 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 Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 12:30 pm Penny Bingo 12:30 pm Tap Dance 12:30 pm Painting Class	26 10 am Technology Class with Pam: Smartphone Camera 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 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Chess 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/Five Crowns 12:00 pm 500 Card Club 12:30 pm Chair Yoga 1:00 pm Chair Cardio 1:00 pm Coloring Corner	27 1 pm Karaoke 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 9:00 am Tatting 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 Canasta 11:00 am Mah Jongg (beginner lessons offered) 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Open Bridge 12:30 pm Penny Bingo 1:00 pm Ping Pong	28 7:30 am—1 pm Coffee Shop 9:00 am Fitness Friday 9:00 am Mixed Media Art Class/ Vivian Miller 10:00 am Chair Yoga with Kaye 10:00 am STYL meeting (Start Transforming Your Life)) 11:00 am-12:30 pm Full lunch 11:30 am Open Bridge Group 12:00 pm Card/ Board Game Group 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring The Jim and Leo Show
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Traiblazers Walking Club

In July, the Trailblazers enjoyed sightseeing in the historic city of Philadelphia. Together they traversed 3974 laps around the building, which is equivalent to 318 miles. That's the same distance as rodeo trick-riding brothers K.C. and Russ Peterson rode on horseback from Boston's Old North Church to Philadelphia's Veterans Stadium in 1976 for a bicentennial promotional stunt that paid homage to Paul Revere. Dressed in full colonial garb, with tricorne hats and white wigs, they averaged 20 to 30 miles a day for two weeks and arrived at Veteran's Stadium in time for the Phillies' opening game.

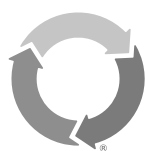
In the warm month of August we'll take a cool trip to the U.S.'s "Crown of the Continent," Glacier National Park. Established as a National Park in 1910, it is a land of mountain ranges carved by prehistoric ice rivers. It features alpine meadows, deep forests, waterfalls, about 25 glistening glaciers and 200 sparkling lakes. View the breathtaking vistas seen from Going-To-The-Sun Road, a spectacular 50 mile, paved two-lane highway that bisects the park east and west. Going-To-The-Sun Road spans the width of Glacier National Park, crossing the Continental Divide at the 6,646-foot-high Logan Pass. It passes through almost every type of terrain in the park, from large glacial lakes and cedar forests in the lower valleys to the windswept alpine tundra atop the pass. Scenic viewpoints and pullouts line the road, so motorists can stop for extended views and photo opportunities. Relatively few miles of road exist in the park's 1,600 square miles of picturesque landscape, thus preserving its primitive and unspoiled beauty. Diverse wildlife in Glacier National Park includes grizzly bears, elk, moose, wolves, marmots, big-horn sheep and the iconic white, woolly mountain goats, the

symbol of the park.

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. Do you have photos from a fabulous vacation that you would like to share with SCAG members on the Trailblazers monitor? Please see Kristina in the Activities Coordinator office.



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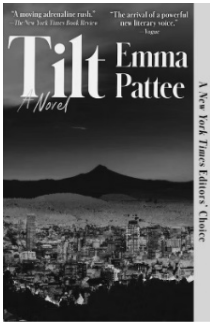
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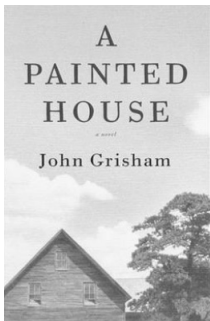
Book Discussion Group

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.



August 6: Tilt by Emma Pattee

When the earthquake hits Portland, Annie is 35 years old, 37 weeks pregnant, and shopping for an IKEA crib. Amidst the destruction, she walks toward downtown and her husband, talking to her unborn child about the present (the chaos, money troubles) and the past (her playwriting dreams) in this moving debut.



September 3:

A Painted House by John Grisham

During harvest time, together with hired Mexicans and hill people, seven-year-old Luke Chandler picks cotton on his family's rented 80 acres. But racial tension, a forbidden love affair, and murder cause Luke to grow up before he's ready.

Choir News

It's tremendous--we are really growing! Come join the crowd...3 new wonderful members joined to fill the room with song. We have just taped a selection of songs through the years for a music organization's contest. We hope we do well; we loved doing it! Music is contagious and in singing, your heart warms. The beauty reaches everyone who hears. Blends spread to all areas and that is the GOAL Of any singer... to fill the air with joy. Presently we are preparing for events to come, welcoming the occasion to perform for others. Come visit once, take it all in, then decide if you want to add to the joy we share. I'll bet you'll be surprised at the sound! **Wednesdays at 11 a.m. in the Music Room.**

Ruth Schrank Art Raffle Winner

Congratulations to Ed Tryon for winning the raffle for Ruth Schrank's watercolor painting and matching afghan! Thank you again to Ruth for donating the items to benefit the Siouxland Center for Active Generations. The raffle raised \$192 which will help to pay our summer air conditioning bill.



Bridge News

Do you need something cool to do on these hot summer days? The Center is always cool and bridge is a cool game to play or learn. Besides staying cool, you will get to exercise your brain without breaking a sweat. You can play Wednesday morning or Monday and Thursday afternoons. Leon Koster's beginning class Thursday mornings is very popular as is Diana Howard's supervised play Monday morning. We will miss Marcia Schneiderman's peppy personality as she finally succumbed to Alzheimer's.



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August Community Potluck



This month, the Siouxland Community Potluck Coalition is hauling out the grills to cook up community! Burgers, hot dogs, chips, and vegetarian options will be on the menu. Everyone is welcome, regardless of their ability

to contribute. All leftovers at the end of the night will be delivered to our friends at the Warming Shelter. Want to lend a hand and see the meal go a little further? Bring a dish to share or donate ingredients. Cornhole, ladder toss, and other outdoor games will be set up in the Center's parking lot and there will be an appearance from the Sioux City Sillies clown and magician group. The Siouxland Community Potluck Coalition will also have a free clothing swap and book swap going all night! Bring down your clean, gently used clothes/books and leave with a new (to you) wardrobe or find your next read. **Thursday, August 6, dinner from 5-7:30 p.m., activities until 9 p.m.**

August Birthday Party: Center Stage Tappers



Celebrate our members with birthdays in August and prepare to be delighted by a tip-top tap performance. The Center Stage Tappers will perform routines of fancy footwork for your enjoyment in a dance display that will be fun for all! Thank you to LiveWell Home Care for sponsoring August's birthday cake. **Due to a schedule conflict the August birthday party will be held on the third Monday of the month, August 17, in the Multipurpose Room at 1 p.m.**

Crafts with Bickford

Deb from Bickford showed a group of our members how to make a delightful floral cheese grater craft. In August she invites everyone to visit her at Bickford for a fall decorating craft. **Tuesday, August 11 at 1:30 p.m. at Bickford Senior Living, 4020 Indian Hills Drive.**



Get Up and Move!

From Avera.org



Even if you're eating right, exercising, and otherwise taking care of your body, there could be one serious health risk that you're overlooking: sitting too much. In our "sitting-centric" society, you probably spend more time sitting than you might realize. Just consider how much time you spend sitting at a desk, in front of a computer or TV screen, or behind a steering wheel. In fact, more than one half of an average person's day is spent in a seated position. That much sitting can come with harmful health outcomes.

According to the journal *Annals of Internal Medicine*, continuous long episodes of inactivity increase the risk of diabetes by 91 percent, cancer risk by 13 percent, and cardiovascular disease risk by 14 percent. The risk of early death increases by 40 percent with a lifestyle of prolonged sitting. "Being sedentary interferes with the way the body metabolizes sugar," said Maria Lao, MD, Avera Internal Medicine Specialist. "It also causes bone loss and increases the rate of depression. The reduction of muscle mass results in reduced metabolism, promoting weight gain and obesity."

If you think that your exercise routine counteracts all that sitting, that's probably not the case. Even if you exercise 45 minutes, five days per week, if the rest of your day involves sitting, your lifestyle is considered sedentary. "Exercising 30-45 minutes a day doesn't completely offset the harm you're doing by sitting most of the day," said Laura Johnson, PA-C, Avera Physician Assistant. Find small ways

to move more throughout your day, whether it's having a walking social activity with friends or standing while you talk on the phone. "Making a point of being active for one to two minutes every 30 minutes can prevent serious health conditions and can even prolong your life," Lao said.

There are ways to bring more activity into your day. Think of creative ways to fit in movement, depending on your daily life, Johnson said. For example: stand when reading emails, or take a phone call and walk around. The key is to move more, more often. Soon those small extra movements - like taking the stairs or walking over your lunch hour - will become a new set of healthy habits.



How to move more during your day:

1. Spend a third of your lunch hour walking.
2. Walk on your breaks and while talking on the phone.
3. Have a walk-and-talk meeting instead of a sitting meeting.
4. Take the stairs instead of the elevator.
5. Park farther away.
6. Walk before and after work.
7. Replace watching TV with active hobbies.
8. Be active during TV commercial breaks.
9. Set a goal to limit your sitting time to less than two to three hours per day.
10. Consider using a standing desk or treadmill desk at work.
11. Visit the Siouxland Center for Active Generations more often. We have plenty of options for staying active!



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Your Neighborhood Coalitions

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

Get Ready to Shred!

It's time to start gathering all your papers with identifying information; the next Shredtastic shredding event will take place on **Friday, September 4 from 1-3 p.m.!** In partnership with Connections Area Agency on Aging and Document Depot, Shredtastic focuses on preventing seniors from becoming victims of identity theft by offering the opportunity to shred personal materials.

Examples of papers that you may want to bring to Shredtastic are Medicare summary notices, explanation of benefits notices from insurance companies, bank statements, credit card billings and applications, expired credit cards, voided checks, bank and investment statements, ATM receipts, tax returns and supporting documents, old pay stubs, and any mail containing your Social Security Number.



This event is for personal papers only. Papers from businesses, including in-home businesses,

will not be accepted. Other items not accepted include magazines, phone books, plastic folders, corrugated cardboard, binders with metal clips, etc. Staples and paperclips do not need to be removed. When you drive up in your car volunteers will help remove the papers for you. Donations are appreciated and go to support the Siouxland Center for Active Generations and Connections Area Agency on Aging. If you would like to help out at Shredtastic please sign up in the Activities Book.

Wheel of Fortune Played at the July Birthday Party

Members born in the seventh month of the year were celebrated at our July Wheel of Fortune party. Puzzles were solved, birthday cake was enjoyed, and fun was had by all who attended. Congratulations to the winning team who got to choose gift certificates for the coffee shop or gift shop for their prizes. Thank you to Whispering Creek Senior Living for sponsoring July's birthday cake.



AUGUST BIRTHDAYS

Nancy Allen	Dennis Dvorak	Tom Kingsbury	Sappingfield
Arlin Andal	Nancy Ehlers	Joan Krough	Janet Schwieger
Maria Andersen	Steve J Ellwein	Kelly Kueny	Rojean Scott
Beth Anderson	Margo Elzeini	Michele	Lisa Severson
Peggy Baker-	Dale Erlandson	Kuhlmann	Ron Sherrill Sr.
Dawdy	Lavonne Ezell	Kenneth Kummer	Nancy
Jeanette Beck	Marvin Fickbohm	Lois Lihs	Shulenberg
Larry Beeson	Patricia Fischer	Sheryl Livingston	Rosalyn Skinner
Tim Bell	Paulette Fletcher	Molly Lokhorst	Theresa Skow
Douglas Bentley	Debra Frazee	Brian Ludwigs	Earl Sorgdrager
Joyce Bentley	Judy Gibson	Elaine Magstadt	James Soukup
Jack Berger	Frank Gilbert	Virginia Martin	Suzan Stewart
William Binkard	Gerri Gill	Marjorie Meinen	Betty Still
Joyce Bishop	Esther Girard	William Merritt	Lorraine Stoltze
Dennis Blanchard	Beverly Graber	Connie Moeller	Shirley Ann Strain
Sharon Blom	Susie Green	Connie Moeller	Ronald Stusse
Betty Bobier	Connie Guenthner	Joseph Moos	Anne Sullivan
Randy Bochmann	Lonnie Gustafson	Russell Movall	Lucille Swalve
Patricia Boden	Darlene Hall	Ann Mrla	Dorothy Swanson
Kathy Bousquet	Mary Halverson	Frank Navrkal	Louise Tadlock
Kathleen Brewer	Theresa Hammond	Paula Nelson	Donald Tank
Louise Bridgett	Pearl Harrison	Lynn Nice	Eleanor Tilton
Marlys Britton	John Henderson	Dewayne Nicolls	Matthew Tope
Wendell Brockman	Karen Hoag	Liz Niggeling	Phyllis Towne
Claudette Brower	Marilyn Hoberg	Donna Olson	Ed Tryon
Judie Campbell	Paula L Hogan	Candie Palacio	John Turner
Marilyn	Robert Holsinger	Marsha Pasker	Terry Turner
Chamberlain	Norma Huebner	Shirly Patrick	Marilyn Tyler
David Coad	Marie Hughes	William Pelchat	Lucy
Steve Cook	Doug Jaminet	Steven Pohlman	VanValkenburg
Zoe Coyle	Stephanie Jeschke	Terri Porter	William L Vogt
Paula Crandell	Pat Johnson	Lori Rattei	Suky Waltmann
William Crosmer	Roma Johnson	Kay Reynolds	Lois Ward
Patty Dauguste	Candy Johnson	Pat Riemer	Joann Weber
Debra De Haan	Leslie Johnson	Joanie Rizk	Lori Ann Winter
Joyce Dean	John B Johnson	Lois Ruano	Bob Wolf
Gary Dehoff	Linnea Keane	Kerry Ruehle	Judy Yeoman
Sharon	Donald Kingery	David Sage	
Drummond	Ruth Kingery	Donna	

Welcome NEW Members

*Kathleen Brewer
Lavonne Ezell
Kathy Fliginger
Linda R Kinnach
Melvin Lill
Randall A Miller
Diane Neri
Ruth A Novell
Radine Olson-Wassell
Candyce K Ross
Sandra Spicer
Cami Tierney*

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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.

Charlotte Curry	Pamela Mears	Ted & Kathy Massey	Fred Forney
John & Sandra Graser	Sally Kimball	Dorothy Swanson	
Maizie Johnson	Kristine Bergstrom	Pat Johnson	
Normajean Hughes	Franklin Gilbert	Judy Peters	

Dollar-A-Day for a YEAR

Pamela Mears	James & Helen Anderson	Robert Steffe	Franklin Gilbert
Cindy Houlihan	Jerry Levay	Rolene Beauvais	Fred Forney
David Young	Jon & Grace Wagoner	Russell Movall	Judy Peters
Don & Rosalie Horsted	Kenneth Dvorak	Ted & Kathy Massey	Pat Johnson
Donald & Ruth Kingery	Kristine & Tod Bergstrom	Marsha Pasker	
Gerald & Kathleen Weiner Foundation	Larry Armbricht	Normajean Hughes	
	Marsha Jarman	Caroline O'Kane Sands	