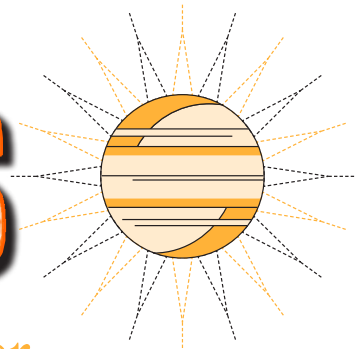


OCTOBER 2015 SUNSHINE NEWS



Telephone | Number | Published
712-255-1729 | 450 | Monthly

Siouxland Center
for Active Generations



“Where liberty dwells, there is my country.”
- Benjamin Franklin

Volunteer of the Month Virginia Livermore



Our October Volunteer of the Month has been singing with the Active Generations Chorus for 27 years. Virginia Livermore first joined the chorus at her husband's urging and has been singing and loving it ever since! She has seen many changes in that time. There were 35 choir members when she first started and she also was a part of the former Silvertones. She enjoys the “sing outs” they provide when asked to and all of the socialization that goes along with our performing groups. She has met many wonderful friends throughout the years. Virginia writes the monthly chorus articles for the newsletter and also enjoys volunteering at the front desk when asked.

Thanks Virginia for your dedication to volunteering at the Siouxland Center for Active Generations. Enjoy your personalized cake, courtesy of Iris (Pastry Parlor) and candy, courtesy of Palmer Candy.

Golf Tournament Results



Our annual Siouxland Senior Golf Classic was held Monday, August 10, at the Sioux City Country Club. This year we had 19 teams golfing in this event. Our team with 1st Place honors was United Real Estate (58) and 2nd Place went to Mills Shellhammer & Puetz (58); this was decided by a scorecard playoff. 3rd Place went to Avery Brothers Sign Company (59). Our media team with low score was the Sioux City Journal. Our media team with high score (first year for this award!) was iHeart Media Team B. Flag prizes went to Dan Eckhoff (Longest Putt), Jim Anderson (Longest Drive), while Joel Steenhoven (Holes 6 & 16) and Steve Bull (Hole 13) won Closest to Hole Prizes. Winner of the 50/50 Raffle was Ryan Avery. We thank Ryan for donating his winnings back to the Siouxland Center for Active Generations. Unfortunately no one had a Hole in One, which would qualify use of a car for a year, sponsored by Knoepfler Chevrolet.

I would like to thank the following businesses for sponsoring this event: Avery Brothers Sign Company, Foulk Brothers Plumbing, King Reinsch Prosser & Co., L.L.P., and Security National Bank. Your generosity is greatly appreciated. I would also like to recognize those who purchased hole sponsorships: Bob Roe's Point After, Budget Motors, Care Initiatives/Hospice, Chesterman Company, Christy-Smith Funeral Home, Floyd House, Gill Hauling, Holy Spirit Retirement Home, Janitor Depot, Kneifl Electric, Kuchel Roofing, Luken Memorials, Mercy Medical Center, New York Life/Agent Jim Lane, Office Systems Company, Record Printing, Ruehle Family Chiropractic, Siouxland Hearing Healthcare P.L.C., Snow Doctors, Total Plumbing, Inc., United Real Estate/Agent Sheryl Ford, United Real Estate, Unity Point Health-St. Luke's, and Wells Fargo Bank.

(continued on page fourteen)

EAGLES DANCE

Put Saturday, November 7, on your calendars. Two great local bands, The Embers and The Jammers, will be playing for this event. We will have food, music, and auction items available. There will be more information following in the November Sunshine News. Don't miss the fun!



2015 NFL Football Raffle

Ticket sales are going well, but we still have more tickets available to purchase. For a “one time” \$20.00 purchase, you have the full 17 week season to recoup your money. Over \$4000.00 in total prize money will be awarded! To buy your tickets just ask at the front desk, or call (712) 255-1729.

the Sunshine News

A monthly publication of the
Siouxland Center for
Active Generations,
located at 313 Cook St.,
Sioux City, IA 51103
712-255-1729
Monday - Friday
8 a.m. - 4:30 p.m.
www.siouxlandseniorcenter.com

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can be reached at 712-276-1075

Editor
Ashley Locke



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Lifetime Dues — \$400 per Person

Price of Advertisement
\$12 per column inch

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



LIES MY PARENTS TOLD ME

“Eat your bread crust, so it makes your hair curly.” “If you run fast enough you can stay under the drops of rain and avoid getting wet.” “Don’t drink beer it’s squirrel pee.” “If you stick out your lip (from pouting) a bird will come and poop on it.” “If you sing at the table you’ll wet the bed.” “If an ice cream truck is playing music it means they have run out of ice cream.” Lies. Lies. Lies. It is a new cultural phenomenon to reveal lies you were told or lies you have told to your child. While I was writing this month’s article, these were my favorites from friends and family. Please submit your favorite lies (on the table under the decorative seasonal wreath) you have told your children or grandchildren or lies you have been told by your parents. I’m sure the lie my husband will start once we have children is “Santa Clause doesn’t like milk and cookies, he prefers Doritos and beer.”

-By the Editor

MANY THANKS

We would like to thank Jeff’s Tree Service (Jeff Stram) for donating his time to cut fallen tree branches at the Center recently. He also donated mulch this past spring. If you are in need of tree assistance, you may call Jeff at (712) 255-0349.

ATTENTION VETERANS

This is to inform Veterans of Woodbury County and their legal dependents of available benefits. Our office is required by Iowa Code and funded by Woodbury County. We are tasked with assisting eligible Woodbury County Veterans to obtain and maintain Federal, State and County Veterans’ benefits. These include, but are not limited to:

Disability Compensation – available to a Veteran whose medical condition was caused or aggravated by military service. Claims must be supported by medical evidence. This may include presumptive conditions, such as those considered due to Agent Orange exposure.

DIC (Dependency and Indemnity Compensation) – paid to survivors of Veterans whose death was service-related.

Non-service Connected Disability Pension – paid to wartime Veterans, with limited income and assets, who are permanently and totally disabled, not due to a service related condition.

Death Pension – paid to survivors of wartime Veterans with limited income and assets.

VA Healthcare – provided to eligible Veterans who enroll. Enrollment is currently limited, depending on income and priority groups.

Other Federal Benefits: obtaining discharges, education, home loan certificates and more.

Iowa Benefits: Iowa Veterans Home, Iowa Veterans Cemetery, Injured Veterans Grant, Homeownership Assistance, Lifetime Hunting/Fishing License (for service-connected Veterans and former POWs), Veterans Trust Fund, Veterans Designation on Driver’s License and more.

Woodbury County: transportation to Sioux Falls VAMC, Property Tax Exemption, Veterans’ Day Ceremony and more.

Contact us to schedule an appointment regarding the above or any other Veterans’ concern.

Woodbury County

Commission of Veteran Affairs

Danielle Dempster, CVSO/Director

712-279-6605/279-6606

1211 Triview Avenue • Sioux City, IA 51103

Open Daily: 8:00 a.m. – 4:00 p.m.



Like us on
Facebook

facebook.com/SiouxlandSeniorCenter

The Siouxland Center for Active Generations has a Facebook page! Our page is updated regularly with photos and announcements. You can find our page by clicking the link at www.siouxlandseniorcenter.com

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Gifts & 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 during the month of August. We thank them for their thoughtfulness.

- | | | | |
|-----------------|-------------------|--------------------|---------------------|
| Kathy Anders | Verla Haack | Merlin Olsen | Evey Thompson |
| Lola Anderson | Bev Hall | Charles Persinger | Lyle Todd |
| Richard Baker | Terry Hamond | Joanne Peters | Jerry Vondrak |
| Phyllis Bennett | Kyong AE Hanshaw | Dianna Pike | Ted Voss |
| Kris Bergstrom | Joan Harbeck | Toots Pittman | Grace Wagoner |
| Liz Blachnik | Roger Hardin | George Polack | Elaine Waskow |
| Jackie Bland | Virginia Hargrove | Alice Reeg | Claryce Welch |
| Rod Brandhagen | Carolyn Henjes | Judy Rehurek | Doris Willer |
| Lee Brennan | Normagene Hughes | Coleen Reich | Mary Ann Younie |
| Helen Bundy | Glen Johnson | Dorothy Rietz | Gayle Zeman |
| Alice Card | Lynn Johnson | Susie Rochester | Judy Zoeller |
| Jeanne Carlson | Bonnie Jonas | Rhonda Rogers | |
| Lois Chartier | Dick Jonas | Lucille Sage | Siouxland Duplicate |
| Ken Dvorak | Carol Kelzer | Linda Santi | Bridge |
| Daryl Engraf | Sandy Kuntz | Doris Schiltz | |
| Audrey Ercolini | Karen Larsen | Ronda Schultz | Library |
| Dennis Fowler | Phyllis Lewis | Jane Schweer | |
| Marlis Friesner | Gayle Lilly | Elaine Shaughnessy | Siouxland Square |
| Dianne Gamp | Elaine McCuddin | Alberta Spaulding | & Round Dance |
| Rose Gilson | Ron McKewon | Joan Stephens | Federation |
| Suzy Gorden | Frank Morse | Paul Swanson | |
| Dave Grimes | Ray Nanek | Wilma Sylvester | Siouxland Square & |
| Alice Gross | Jeanine Newton | Maureen Tague | Round Dance Assoc. |

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--	---



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Have you considered leaving a legacy?



Including a bequest for a charitable organization, such as the Siouxland Center for Active Generations, in your Will or Trust document, provides tax advantages plus helps a wonderful organization continue its mission.

It is a good idea to review your Estate Planning documents periodically. Now is a great time with the changes in tax rules. Please discuss with your attorney the options when considering a charitable bequest.

We appreciate your consideration!

Disclaimer: We are not tax professionals. Please consult with your tax advisor to discuss the benefits of these options as they relate to you specifically.

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:

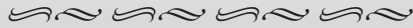
Siouxland Center for Active Generations Investment Fund
 313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Enter 90

One member joins the Enter 90 group in October at the Siouxland Center for Active Generations. Delores Irwin-Smith 10/10/1925.



Other October notable birthdays include: Helen Cory, Francis Foley, Pauline Meloy, and Gilbert Persinger. *Birthday congratulations to all.*

BRIDGE LESSONS

We're enjoying our bridge games and classes. Ruth Chancey's beginners are ready to start on the Competitive Bidding book at 9 a.m. Thursday mornings. Lili "Tiger" Williams will be the new teacher and Ruth will start a new beginner class. Time will be determined when the group gets together. Please call if you would like to learn to play bridge.

Several of the class, who started beginning bridge a year ago, are now playing in the novice duplicate games at 9 a.m. Wednesdays. That class meets with Audrey Ercolini at 12:30 p.m. Thursdays. They are now learning the new popular conventions to improve their bidding. Diane Howard's Beginning Duplicate Classes are at 9 a.m. Mondays. New bridge players are always welcome.



"FARNSWORTH, THIS ISN'T WHAT I MEANT WHEN I ASKED YOU TO DRAFT BRIDGE PLANS."

"Hearing Better Now"

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded, "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times!"

(found on the internet)

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CLASSIFIED ADVERTISING

Attention Members... We are pleased to announce a classified section in our Sunshine News. If you have something to sell...you can now place an ad in the Sunshine News. Ad prices are \$5 per month. Please contact Bruce in the Membership Office with questions or to place an ad.

Riddle

"What has four eyes, but can't see?"

Answer: Mississippi

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October Creative Writing Themes

"DO YOU HAVE A STORY TO TELL?"

Everyone has one....tell us yours."

CREATIVE WRITING STORY TELLING THEMES

- Oct 6th..... Renaissance
- Oct 13th...National Grouch Day
- Oct 20th...All Sports
- Oct 27th...Carving Pumpkins



JOIN US EVERY TUESDAY AT 10 A.M.



"You may select a topic of your choice or just come and listen to the stories others tell."

Humorous Quotes:

1. You can observe a lot by just watching. (Yogi)
2. Contrary to belief, "Damn it" is not God's last name.
3. Wherever I go, people wave at me. If I do a good job, they'll use all their fingers. (King-Olympics)
4. Why do they call it rush hour when nothing moves? (Mork)
5. If you don't succeed, we run the risk of failure. (Quayle)

- Alice Reeg, Creative Writing



Library Notes



Welcome to the Library. We have enjoyed Elaine McCuddin's hand painted art. If you have some collectibles or art you would like to display in the Library, please let us know. We would like to show your talents or hobbies. On October 1st, at 10:00, our Book Club will be reading "Bonnie" by Iris Johansen. Please stop in, join us, and let us know about a book you have read and enjoyed; maybe we can use it for the Book Club. Thank you to everyone for your contributions to the Library. **Remember to shop the Book Sale on Friday, October 23rd*

*See you in the Library
-Helen Eriksen*

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For more information call 276-7319. 1819 Morningside Ave., Sioux City.



See you in the GIFT SHOPPE!



Cost effective Halloween shopping is still conceivable when shopping the Stop & Shop Gift Shop! We have a great variety of costumes and decorations. In addition, other new arrivals include: warm

winter throws (unfortunately fall is just around the corner), table cloths, and wall decorations. Don't forget us, and thanks for your substantial donations.

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There is an immediate need for Senior Companions in our community!



Can you be a friend to someone in need?

Financial benefits available for Senior Companions.

Senior Companion Program
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712-224-2610

October Yearly Membership Anniversaries

List of Siouxland Center for Active Generations members with dues owed in the month of October.

DOUGLAS O ANDERSON
 DIANE K ANDERSON
 JOAN M ATWOOD
 ARTHUR JAMES BAUER
 AMELIA L BERTRAND
 DOUGLAS J (DOUG) BURKETT
 JANET K BURKETT
 DARLENE M BURSON
 BETTY J CHURCH
 GEROLD J COLLINS
 MARCIA CRAYNE
 KATHLEEN R DETERMANN
 LEROY G DIRKS
 DEAN ERICKSEN
 LELA I ESSICK
 GARY J FARLEY
 DONNA I FLAMMANG
 JUSTIN D GOETZ
 SUZY K GORDON
 JOHN T GRASER
 SANDRA K GRASER

CHARLES D HAGEL
 LUCIEN HAMERNIK
 SHARON R HANNEMAN
 HARRIET HANSEN
 CAROLYN L HANSON
 ADRIAN HANSON SR
 DON HARBECK
 JOAN T HARBECK
 GRACE M HAWKINS
 GARY M HERBST
 SARAH A HERWYNEN
 CHERI A JOSLIN
 SANDRA ROSE KEANE
 SALLY J KIMBALL
 DORINDA M KLAPPRODT
 DELPHINE (DEL) M
 KLINGENSMITH
 KAREN A KOCH
 DONALD H KUMM
 DONNA M KUMM
 NORMAN WAYNE LIAS

MARY L LIAS
 SHARON E LILLIE
 MARY K LILLY
 ELWIN E LOKER
 SUSAN L LYTTEN
 GEROLD D (JERRY)
 MATHEWSON
 LORNA J MAYO
 TERRY H MCARTHUR
 MAXINE L MEIS
 VIVIAN L MILLER
 FRANKLIN L MORSE
 RUSSELL E MOVALL
 ELAINE R O'SHAUGHNESSY
 MARY ANN PETTY
 MILTON P PETTY
 LEON H PFOTENHAUER
 JACKIE J POZNANSKI
 COLEEN CAROL REICH
 LAWRENCE ROWENHORST
 MARYANN JOSEPHINE SCHMIDT

IONE H SCHRECK
 GLENDA M SCHULZE
 JOANNE SCOVILLE
 NORBERT E SEEBACH
 JANICE E THOMAS
 RALPH L THOMAS
 CANDELARIO TOPETE
 EMERITA TOPETE
 LYNN A TOWNLEY
 DIANA TWIDWELL
 JIM W TYMKOWICZ
 MARGARET JEAN WHITE
 MIKE O WIGGS
 LARRY K YARGER
 RICHARD A ZOLNOSKY

Along with our program to print the names of members up for renewal, one of our Board members suggested encouraging members to pay their dues before their due date to further save time and expense. Members that pay their dues one month before their due date, will receive a coupon good for \$1 to use in the Sit and Sip, or Stop & Shop or at the Friday Afternoon Dance. Thanks to all of you that keep up your membership dues and pay your dues before reminders.

It's time to renew your memberships ...Please stop in the Membership Office... I look forward to seeing you!

Bruce Fey, Membership Coordinator



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CENTER STAGE TAPPERS and Merry Go Rounders

Fall Follies 2015 is now in the history books, and I must say our girls gave it all!! They proved to us again that their smiles and talents are remarkable. What a great group they are to work (& play) with! Jane, as always, came up with some great choreography and kept us all on schedule and proved to all of us that we can do it. Face it, we do not want to disappoint her after her work and time she spends with us. And I, helping teach, appreciate how it all seems to come together.

If anyone is interested in joining us, now is the time to try it. We have class Mondays at 9:30 and Tuesdays at 12:30 and sometimes Fridays at noon, (just before going to the regular Friday afternoon dances). What a deal!

We are looking forward to getting a Christmas show on the road now. If you know a group that would like some entertainment, let us know.

We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, and we create the dreams.

- BJ Heitzman



Well, we did it!!!

I gave them a really difficult dance and they pulled it off very well. We hope it was enjoyed, we worked on it hard, and as always, the group lived up to my expectations.

The group is small, but the desire is large. It is nice to see others enjoying what we (Jane, Dick, and myself) have been enjoying for years.

Now that the Follies are history again, we can get back to just enjoying the dance and the group. Perhaps we will be getting some new rhythms to learn, as well as continuing to add steps to the other songs. It really is a never ending learning process, which, of course, is also called Life.

Life is a dance. Sometimes we lead, sometimes we follow.

Don't worry about what we don't know; what's important is we learn new steps as we go.

- BJ Heitzman

CASSETTE/CD PLAYER

If anyone has access to a cassette/CD player in good condition, please keep us in mind. Many of our performing groups need the use of both of those features as they practice. Contact Kerry at (712) 255-1729 with any information/leads. Thanks in advance!

Where can I find a good Traditional Worship Service?



Sioux City's **First United Methodist Church** offers a time-honored Traditional Worship service **every Sunday morning at 9:00**. We sing hymns accompanied with the pipe organ, have dynamic, relevant preaching and share biblically-based liturgy. Membership is not required.

Want a church where *you* will feel comfortable? Come as often as you want. We are located at **1915 Nebraska St.** Call 258-0119 or visit our web site (siouxcityfirst.com).



PENNY BINGO

Happy Halloween! We will have a party for all Bingo players from 11:00-12:30 on Tuesday, October 27. Please bring a devilicious and spooktacular dish to share. We play Bingo from 8:30-11:30 a.m. and then from 12:30-2:30 p.m. We play 1 cent a card up to (4) cards. We offer (2) 10 cent Blackouts in the a.m., (2) 10 cent Blackouts in the p.m., and (1) 25 cent Blackout in the p.m. We play a small red paper for 25 cents each on Thursday a.m., up to (4) cards. Also, on the first of the month we play a \$1.00 Blackout on a paper card for all the money we take in.

If you have any questions, please don't hesitate to see me on a Tuesday or a Thursday; I would be happy to share my love of the game of Bingo with you!

-Bill Merritt

Timber Art Continues

Special thanks to Shelly Bohlke for her continued dedication to the 2x4 projects. Many people look forward to this monthly art project (per Shelly, "No talent required!"). October 7th at 12:30 will be a Halloween cat decoration. Location is the Conference Room.



OCTOBER 2015

Siouxland Center
for Active Generations
Activity Calendar
Questions?
Call (712) 255-1729



Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Yoga 9:00 am Beginning Bridge lessons (Chancy) 9:30 am Drum Circle 9:45 am Beg. 2 Line Dance 10:00 am Walking off the Pounds 10:00 am Library Book Club 10:00 am Men's Club 10:00 am Beginning German 11:00 am Intermediate German 11:00 am Advanced Line Dance 11:30 am-1:00 pm Lunch 12:30 pm Bridge Lessons (Ercolini) 12:30 pm Canasta 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm "Come & Go" Bridge 1:00 pm Inter. Line Dance 1:00 pm Woodcarving 1:00 pm Bridge Group 1:00 pm Cribbage 2:00 pm Ping Pong 3:00 pm Cribbage Lessons	2 8:30 am Enhance Fitness 8:30 am Exercise Plus 50 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling Lessons 9:30 am Fitness w/Dixie of Recover Health 10:00 am Beginners Ping Pong 10:00 am Blood Pressures/St. Luke's 10:30 am Women's Pool Shooting Class 11:30 am-1:00 pm Lunch 12:00 pm Basic Tap 12:00 pm Bridge Group 1:00 pm Open Craft Time 1:00 pm Bridge 1:00 pm 500 1:00 pm Scrabble 1:00 pm Friday Dance "Burt Heithold Band" FREE DANCE... Sponsored by Jack & Betty Jansen for their anniversary
5 8:30 am Yoga with Suzi 8:30 am Exercise Plus 50 9:30 am Wii Bowling 9:30 am Tap Class 9:45 am Review Tai Chi Class 10:00 am Knitting & Crocheting 11:30 am Duplicate Bridge 11:30 am-1:00 pm Lunch 12:30 pm Movie "Walking Across Egypt" 1:00 pm American Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 1:30 pm Self Defense Class 2:00 pm Super Strong Seniors with Kelly ~Sponsored by The Heritage of Northern Hills	6 8:30 am Enhance Fitness 8:30 am Penny Bingo 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Walking Off Pounds 10:45 am Beginning Tai Chi Class 11:30 am-1:00 pm Lunch 11:45 am Adaptive Aerobics 12:00 pm Tap Class 12:30 pm Penny Bingo 1:00 pm Balance Class 1:00 pm Painting Class 1:00 pm Pitch 2:00 pm Ping Pong	7 Shelly's 2x4 Timber Art 8:30 am Enhance Fitness 9:00 am Chorus 9:00 am Yoga w/Dixie of Recover Health 9:00 am Novice Dup. Bridge Game 9:30 am Painting Class 10:00 am Chess Group 10:00 am Marilynn's Tap 10:00 am Sexy & Fit after 40 10:30 am Talk Show "Internet Security" ~Matt Gigaroa, Computer Tech 10:45 am Guitar Practice 11:30 am-1:00 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm Make a Timber Art Halloween Cat 12:30 pm Bridge 1:00 pm Painting Class 1:00 pm Scrabble 1:00 pm 500 2:40 pm 1 Mile Walk Warm Up 3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills	8 8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Yoga 9:00 am Beginning Bridge lessons (Chancy) 9:30 am Drum Circle 9:45 am Beg. 2 Line Dance 10:00 am Walking off the Pounds 10:00 am Men's Club 10:00 am Beginning German 11:00 am Intermediate German 11:00 am Advanced Line Dance 11:30 am-1:00 pm Lunch 12:30 pm Bridge Lessons (Ercolini) 12:30 pm Canasta 12:30 pm Penny Bingo 1:00 pm Men's & Women's Social Group 1:00 pm Inter. Line Dance 1:00 pm Woodcarving 1:00 pm Bridge Group 1:00 pm Cribbage 2:00 pm Ping Pong	9 8:30 am Enhance Fitness 8:30 am Exercise Plus 50 9:30 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling Lessons 9:30 am Fitness w/Dixie of Recover Health 10:00 am Beginners Ping Pong 10:00 am Blood Pressures/Mercy 10:30 am Women's Pool Shooting Class 11:30 am-1:00 pm Lunch 12:00 pm Basic Tap 12:00 pm Bridge Group 1:00 pm Open Craft Time 1:00 pm Bridge 1:00 pm 500 1:00 pm Scrabble 1:00 pm Friday Dance "Country Brew"
12 8:30 am Yoga with Suzi	13 8:30 am Enhance Fitness	14 8:30 am Enhance Fitness	15 8:30 am Penny Bingo	16 8:30 am Enhance Fitness

8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am Duplicate Bridge
 11:30 am-1:00 pm Lunch
 1:00 pm BIRTHDAY PARTY
 Entertainment by: BJ & Crew
 Hosts: German & Spanish
 Volunteer of the Mo. ~
 Virginia Livermore



8:30 am Penny Bingo
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-1:00 pm Lunch
 11:45 am Adaptive Aerobics
 12:00 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Balance Class
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

9:00 am Chorus
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Marilyn's Tap
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 "Your Home & Health"
 ~Traci Holmquist & Susan Biebler,
 BCU Professors
 10:45 am Guitar Practice
 11:30 am-1:00 pm Lunch
 12:00 pm Choreographed Ballroom
 12:30 pm Bridge
 1:00 pm Painting Class
 1:00 pm Scrabble
 1:00 pm 500
 2:40 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills

8:45 am Beg. 1 Line Dance
 9:00 am Yoga
 9:00 am Beginning Bridge lessons (Chancy)
 9:30 am Drum Circle
 9:45 am Beg. 2 Line Dance
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:00 am Beginning German
 11:00 am Intermediate German
 11:00 am Advanced Line Dance
 11:30 am-1:00 pm Lunch
 12:30 pm Bridge Lessons (Ercolini)
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm Men's & Women's Social Group
 1:00 pm "Come & Go" Bridge
 1:00 pm Inter. Line Dance
 1:00 pm Woodcarving
 1:00 pm Bridge Group
 1:00 pm Cribbage
 2:00 pm Ping Pong

8:30 am Exercise Plus 50
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Wii Bowling Lessons
 9:30 am Fitness w/ Dixie of Recover Health
 10:00 am Beginners Ping Pong
 10:00 am Blood Pressures/St. Luke's
 10:30 am Women's Pool Shooting Class
 11:30 am-1:00 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 1:00 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Scrabble
 1:00 pm Friday Dance
 "Shirley's Big Band"
 FREE DANCE...
 Sponsored by Roger Leff
 for his 80th birthday



19

8:30 am Yoga with Suzi
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am Duplicate Bridge
 11:30 am-1:00 pm Lunch
 12:30 pm Movie
 "Gunther & the Paper Brigade"
 1:00 pm American Mah Jong
 1:00 pm Pinochle
 1:00 pm Woodcarving
 1:30 pm Self Defense Class
 2:00 pm Super Strong Seniors with Kelly
 ~Sponsored by The Heritage of
 Northern Hills



20

8:30 am Enhance Fitness
 8:30 am Penny Bingo
 9:00 am Mexican Language/Culture
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-1:00 pm Lunch
 11:45 am Adaptive Aerobics
 12:00 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Balance Class
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

21

8:30 am Enhance Fitness
 9:00 am Chorus
 9:00 am Intermediate Spanish
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Marilyn's Tap
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 "What's New at Sunrise"
 ~Lorrie Stedman, Director of Fund Development
 10:45 am Guitar Practice
 11:30 am-1:00 pm Lunch
 12:00 pm Choreographed Ballroom
 12:30 pm Bridge
 1:00 pm Painting Class
 1:00 pm Scrabble
 1:00 pm 500
 2:40 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills

22

8:30 pm Penny Bingo
 8:45 am Beg. 1 Line Dance
 9:00 am Yoga
 9:00 am Beginning Bridge lessons (Chancy)
 9:30 am Drum Circle
 9:45 am Beg. 2 Line Dance
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:00 am Beginning German
 11:00 am Intermediate German
 11:00 am Advanced Line Dance
 11:30 am-1:00 pm Lunch
 12:30 pm Bridge Lessons (Ercolini)
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm Men's & Women's Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Woodcarving
 1:00 pm Bridge Group
 1:00 pm Cribbage
 2:00 pm Ping Pong

23 BAKE SALE & BOOK SALE

8:30 am Enhance Fitness
 8:30 am Exercise Plus 50
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Wii Bowling Lessons
 9:30 am Fitness w/Dixie of Recover Health
 10:00 am Beginners Ping Pong
 10:00 am Blood Pressures/Mercy
 10:30 am Women's Pool Shooting Class
 11:30 am-1:00 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 1:00 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Scrabble
 1:00 pm Friday Dance
 "Jerry O'Dell &
 His Country Flavor Band"



~HALLOWEEN COSTUME DANCE
 TODAY...PRIZES AWARDED~

26

8:30 am Yoga with Suzi
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am Duplicate Bridge
 11:30 am-1:00 pm Lunch
 12:30 pm Movie
 "The Inheritance"
 1:00 pm Parkinson's Support Group
 1:00 pm American Mah Jong
 1:00 pm Pinochle
 1:00 pm Woodcarving
 1:30 pm Self Defense Class
 2:30 pm Fitness with Kelly



27

8:30 am Enhance Fitness
 8:30 am Penny Bingo
 9:00 am Mexican Language/Culture
 9:00 am Senior Yoga
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-1:00 pm Lunch
 11:45 am Adaptive Aerobics
 12:00 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Balance Class
 1:00 pm Painting Class
 1:00 pm Pitch
 2:00 pm Ping Pong

28

8:30 am Enhance Fitness
 9:00 am Chorus
 9:00 am Intermediate Spanish
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Marilyn's Tap
 10:00 am Sexy & Fit after 40
 10:30 am "Meet the New Executive Director"
 ~Linda Santi, Active Generations E. D.
 10:45 am Guitar Practice
 11:30 am-1:00 pm Lunch
 12:00 pm Choreographed Ballroom
 12:30 pm Bridge
 12:30 pm Halloween Sing-a-long
 1:00 pm Painting Class
 1:00 pm Scrabble
 1:00 pm 500
 2:40 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills

29

8:30 am Penny Bingo
 8:45 am Beg. 1 Line Dance
 9:00 am Yoga
 9:00 am Beginning Bridge lessons (Chancy)
 9:30 am Drum Circle
 9:45 am Beg. 2 Line Dance
 10:00 am Walking off the Pounds
 10:00 am Men's Club
 10:00 am Beginning German
 11:00 am Intermediate German
 11:00 am Advanced Line Dance
 11:30 am-1:00 pm Lunch
 12:30 pm Bridge Lessons (Ercolini)
 12:30 pm Canasta
 12:30 pm Penny Bingo
 1:00 pm Men's & Women's Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Woodcarving
 1:00 pm Bridge Group
 1:00 pm Cribbage
 2:00 pm Ping Pong

30

8:30 am Enhance Fitness
 8:30 am Exercise Plus 50
 9:30 am Mixed Media Art Class/Vivian Miller
 9:30 am Wii Bowling Lessons
 9:30 am Fitness w/Dixie of Recover Health
 10:00 am Beginners Ping Pong
 10:00 am Blood Pressures/Countryside
 10:30 am Women's Pool Shooting Class
 11:30 am-1:00 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 1:00 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Scrabble
 1:00 pm Friday Dance
 "Shirley's Big Band"



Siouxland Center for Active Generations
Homemade food prepared by Sandy Welch
Meals are \$5.25
Serving 11:30-1:00 Carry Outs Available

October 2015

Mon	Tue	Wed	Thu	Fri
			1 Ham Cheesy Potatoes Vegetable Dessert	2 Chicken Strips Mashed Potatoes/Gravy Vegetable Dessert
5 Lasagna Garlic Bread Vegetable Dessert	6 Pulled Pork Sandwich Macaroni & Cheese Vegetable Dessert	7 Hamburger French Fries Vegetable Dessert	8 Broasted Chicken Mashed Potatoes/Gravy Vegetable Dessert	9 Smoked Sausage Macaroni & Cheese Vegetable Dessert
12 Hot Meatloaf Sandwich Mashed Potatoes/Gravy Vegetable Dessert	13 Tavern Fried Potatoes Vegetable Dessert	14 Pork Tenderloin Mashed Potatoes/Gravy Vegetable Dessert	15 Broasted Chicken Mashed Potatoes/Gravy Vegetable Dessert	16 Liver & Onions <u>OR</u> Ham Mashed Potatoes/Gravy Vegetable Dessert
19 Smoked Sausage Cheesy Potatoes Vegetable Dessert	20 Meatloaf Mashed Potatoes/Gravy Vegetable Dessert	21 Broasted Chicken Mashed Potatoes/Gravy Vegetable Dessert	22 Meat Balls Mashed Potatoes/Gravy Vegetable Dessert	23 Chicken & Noodles Mashed Potatoes Vegetable Dessert
26 Potato Soup Ham Salad Sandwich Dessert	27 Soft Shell Taco Beans Rice Dessert	28 Chicken Breast Rice Pilaf Vegetable Dessert	29 Salisbury Steak Mashed Potatoes/Gravy Vegetable Dessert	30 Broasted Chicken Mashed Potatoes/Gravy Vegetable Dessert

Special Events on Mondays In October

Monday, October 5 – 12:30 p.m. – “Walking Across Egypt”

Monday, October 12 – 1:00 p.m. – October Birthday Party

Host: German & Spanish Classes

Entertainment: BJ & Crew

Volunteer of the Month: Virginia Livermore

Monday, October 19 – 12:30 p.m. – “Gunther & the Paper Brigade”

Monday, October 26 – 12:30 p.m. – “The Inheritance”

***While every attempt is made to share a great movie experience with all of our members; we suggest each of you plan ahead of time to review the content and nature of the movies that will be shown on the dates above.

Movie Popcorn Courtesy of Bickford Senior Living

Young at Heart Line Dancers

Another month has gone by. My how time seems to fly by; especially when you are having fun! The Follies were a huge success and everyone did so well and we really do enjoy ourselves and love to perform for everyone.

We also performed at North Park on Thursday, September 17th and on Saturday, the 19th, at the Farmers Market area by the Tyson Center in connection with Mercy Medical and the Blue Zone Organization. We taught some dances and we performed some dances; letting people know what we do at the Center and how staying active keeps you healthy and fit. All in all it was a good month, and we are back to our normal Thursday classes. Come and watch or join one of our classes.

-Sally Kimball

Active Generations Chorus



Now if we can just get the Disney songs out of our heads, we will start on Christmas music. It doesn't seem possible we are thinking about Christmas, but we are. We are continuing to sing out. We sang at Sunrise Manor in September and will continue now in October and November as soon as the scheduling is in place. A big thank you to our director, Colleen Mahoney, and accompanist Sandy Call, for their hard work getting our Follies music chosen and then performed, and to Sandy for her “costume savvy”. We couldn't do any of it without you two.

-Virginia Livermore



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Wednesday Morning Talk Show Programs at 10:30 A.M.

Wednesday, October 7 “INTERNET SECURITY”

Speaker: Matt Gigaroa,
Technology Services

Wednesday, October 14 “YOUR HOME & HEALTH”

Speakers: Traci Holmquist &
Susan Biebler, BCU Professors

Wednesday, October 21 “WHAT'S NEW AT SUNRISE”

Speaker: Lorrie Stedman,
Director of Fund Development

Wednesday, October 28 “MEET THE EXECUTIVE DIRECTOR”

Speaker: Linda Sante, E. D. Siouxland
Center for Active Generations

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Verna Welte @ 239-3965 or
Kevin Welte @ 490-1681

UPCOMING RIVERSSANCE

Riverssance tickets may be purchased at the Siouxland Center for Active Generations, in the office. Cost for those tickets is Adults (Advance Sale) \$8.00, (Gate) \$10.00, Age 6-12 \$5.00, Under 6 \$1.00. Advanced Smoker Tickets are \$20.00. Dates for the 2015 Riverssance are October 3rd and 4th. This will be another chance to see the Siouxland Center for Active Generations Rivercade Royalty celebrating Siouxland and all it has to offer!



ADVERSE WEATHER CONDITIONS

In the event of public school closings, the Siouxland Center for Active Generations will be closed. If there is a weather related late school start, we also will be opening late. Please stay tuned to your local TV. and Radio stations for the latest information.



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COFFEE SHOP

Sit Sip

Time is moving far too rapidly-- would you all agree?

My next quest is the annual fall bake sale, which will be Friday, October 23. I will be busy at the oven-my only request for our members would be donations of flour and sugar. We can always use the donations and of course your generous purchases! We continue to have good sales in the coffee shop. Thanks to all who come in



you.

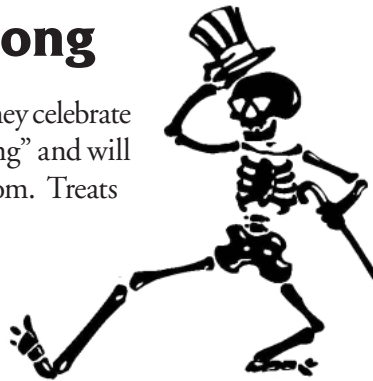
for a cup of coffee or a snack of some kind.

I also want to thank my little angels that help carry groceries in on Monday, as well as all my volunteer helpers. We couldn't have a successful coffee shop if it wasn't for all of

- Marilyn Haller

Halloween Sing--a--Long

Join members on Wednesday, October 28, as they celebrate the season! Songs will be of the "Halloween liking" and will be beginning at 12:30, in the Multi-Purpose Room. Treats and sheet music provided!



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September Quotes

"Happiness depends upon ourselves."

- Aristotle

"Success is simple. Do what's right, the right way, at the right time."

- Arnold H. Glasow

"Let us put our minds together and see what life we can make for our children."

- Sitting Bull

"September days are here, with summer's best of weather and autumn's best of cheer."

- Helen Hunt Jackson

"A smile is a curve that sets everything straight."

- Phyllis Diller

"A good decision is based on knowledge and not on numbers."

- Plato

"My grandfather's a little forgetful, but he likes to give me advice. One day, he took me aside and left me there."

- Ron Richards

"A drawing is simply a line going for a walk."

- Paul Klee

"I love deadlines. I like the whooshing sound they make as they fly by."

- Ron Richards

Golf Tourney Results...cont'd

We had many businesses who donated prizes and money for the tournament giveaways; we appreciate your support. Individuals who helped that day: Janette Linden, Sheryl Ford, Ronnie Juarez, Coleen Loffswold, Jeff Loffswold, Ted Voss, and Linda Santi. Also special thanks to Marc Christofferson and Bill Foulk for assisting me with the collection of prizes.

I am very thankful to all of you who helped to make this a successful event for the Siouxland Center for Active Generations.

Kerry Ruehle, Program Director

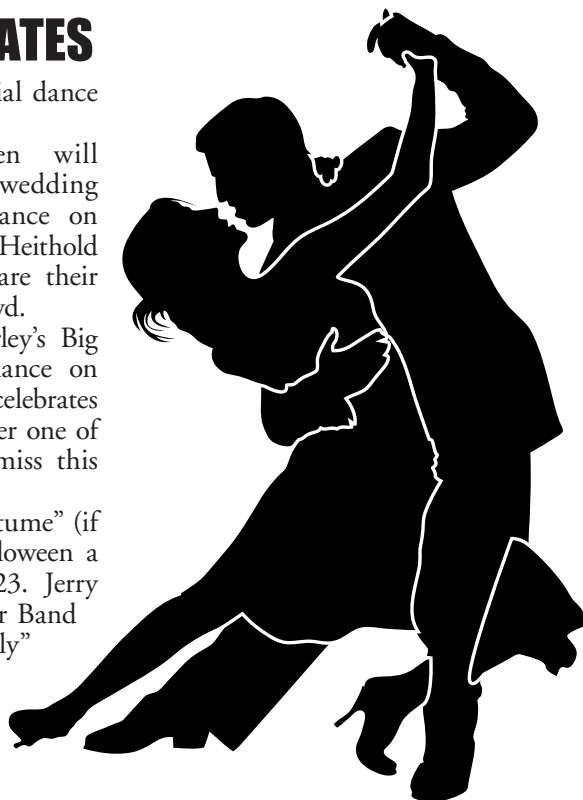
SPECIAL DANCE DATES

October is filled with special dance celebrations:

Jack and Betty Jansen will be celebrating their 11th wedding anniversary with a FREE dance on Friday, October 2. The Burt Heithold Band will be returning to share their great dance music with the crowd.

Roger Leff has hired Shirley's Big Band to play for a FREE dance on Friday, October 16th, as he celebrates birthday #80! Shirley is another one of the crowd favorites, so don't miss this dance!

Remember to "come in costume" (if you wish) as we celebrate Halloween a week early, on Friday, October 23. Jerry O'Dell and His Country Flavor Band have promised a "spookingly" good time! Costume prizes will be awarded and you are guaranteed a "haunting" experience!



SAVE THE DATE

Make sure to put **FRIDAY, OCTOBER 23**, on your calendar in **LARGE BOLD PRINT!** That is the day of the annual fall bake sale, book sale, and Halloween Costume Dance! We thank the coffee shop and library for their efforts in these events to help our members and the Center as well.

SHIIP APPOINTMENTS/ OPEN ENROLLMENT

Open enrollment begins on October 15 and continues through December 7. SHIIP (State of Iowa Senior Health Insurance Information Program) is the Medicare Part D Prescription Drug Plan. We thank our volunteer counselors this year: Dr. Marc Christofferson, Tom Hildebrand, and Harvey Rabe. To schedule an appointment, please call the Siouxland Center for Active Generations office at: (712) 255-1729.

Movie Request

We are always in need of new release movies on DVD (not Blu-ray) to show at our Monday Movies. We are happy to borrow these movies and return them to you after they are shown. Please call Kerry (# (712) 255-1729) with donation/questions. Thanks for your help.

Beginning Cribbage Lessons

Marge Anderson wants to share her love of the game of Cribbage. She will be resuming her Cribbage lessons on the first Thursdays monthly at 3:00 in the Card Room. Please join her to learn or to brush up on the rules. If you have questions please call Kerry at (712) 255-1729.

October Facts

1. The birthstones for October are the tourmaline and the opal.
2. On October 1, 1896, free rural delivery of mail started in the United States.
3. On October 12, 1492, Christopher Columbus landed in America.
4. On October 31, 1864, Nevada became the 36th state of the United States.
5. National Cookie Month
6. National Chili Month
7. National Pizza Month

Monthly Joke

An elderly couple at another couple's house had finished eating, when their wives left the table, and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



OCTOBER BIRTHDAYS

Capitalized names are the specially honored 90 years and above birthday group.

- | | |
|--|---|
| 1 Mike Beeson, Deon Knapp | 17 David Smith, Donna Kumm |
| 2 Dale Anderson, Rosalie Marie Hansen, Gloria Ryan, Mary C Smith | 18 Dollie Hodges, GILBERT PERSINGER |
| 3 Phyllis Banta | 19 Harvey Viken |
| 4 Pat Barrett, Bob Sorensen, Jane Morrisey, Patricia Calvillo, Raymond Becker, Raymond Schroer | 20 |
| 5 FRANCIS FOLEY, Virginia Feenstra, Robert Kamp, Maria Timothy, Julie Semple, Alfred Zaleta, Judy Streeter, Beverly Sorensen | 21 Diana Howard, Velura Stilwell, Kathleen Wilke |
| 6 Orlene Herbst, PAULINE MELOY, Carole Perrin, Angela Storm, Judy Walker, Dennis Binder Sr. | 22 Christen Palmer, Kenneth Fredrickson, Frank Gruenzner, Diana Hejhal, Sophie Milbrodt |
| 7 | 23 Verna Welte, Lila Henke, Claire Miethke, Roberta Rozell, Edna Wilson |
| 8 Linda Camarigg | 24 Elizabeth Blachnik, Tom Lee Brennan |
| 9 Darloe Heath, Justin Plum | 25 Elizabeth Blachnik, Tom Montang, William H Thompson, Lorraine Groves |
| 10 DELORES IRWIN-SMITH | 25 Portia Bruning |
| 11 Jean Groves, Eddie Tudehope | 26 Sarah Imig, Nancy Nelson, Judith Schutt, Jill Brouwer |
| 12 Delores Davis, Mary Forney, Phebe Treiber, Diana Twidwell | 27 Saundra Berger, Michelle Eye |
| 13 Lee Chamberlain, HELEN CORY | 28 Carroll Baker, Nancy Lake |
| 14 Hope Benton, Judith Crane, Allen Oster, Marge Moos | 29 Gary Swaney, Dean England, Dee Richter, John Rosener, Joan Trometer, Jim Tymkowicz |
| 15 | 30 Margaret Jean White |
| 16 Jerry Crossland, Elwin Loker, Sharen Stewart | 31 Jackie Busch, Judy Cowley, Earl Oleson |

NEW MEMBERS

- Linda Santi
- Catherine Nicolas
- Sue Ullrich
- Raymond Schroer
- Kathryn Schroer
- Gaylene Ironhawk
- Barbara Uehling
- Rosemary Roman
- James M Miller
- Lynda Trudeau
- Harland Cummings
- Mary Cummings
- Robert Krumwiede
- Paula Kolbet

WE REMEMBER

- Donald Buckley
- Alice Coppock
- Alicia Leamer
- Jimmie Walker

MEMORIALS

For: Ray Isaacson
Gary & Carolyn Maly

For: Alice Coppock
George Polak
Teresa Johnson
Betty Church
Pat Bornhoft
Donna Krohn
El & Sandi Rasmussen
Connie Plueger
Arthur & Marlene Lindell

October Birthday Party at 1 p.m.

Our monthly birthday party will be held Monday, October 12, in the Multi-Purpose Room. It is hosted by the German & Spanish Classes with entertainment provided by BJ & Crew. Our Volunteer of the Month is Virginia Livermore. We thank Regency Square Senior Living and Touchstone Living Center for providing the refreshments, Iris Hammer of the Pastry Parlor for the Volunteer of the Month cake, and Palmer Candy for the Volunteer of the Month gift certificate. We welcome ALL MEMBERS to attend!



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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.

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 CLUB

August

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.

Millie Abrahamson, Clarence Backer	Janette Linden, Lois Mahr
Kris Bergstrom, Deanne Bower	Maxine Meis, Pat Mitchell
Brenda Chapman, Miriam Clayton	Michael Montgomery, Janice Nagel
Kathleen Determann, Agnes Donovan	Pam Nanek, Rosemary O'Kane
Sandy Fravel, Rose Gilson	Joanne Peters, Betty Pierce
Sandy Graser, Virginia Gries	George Polak, Gloria Ryan
Dick Hayes, Arlene Held	Dee Sachau, Mabel Saleh
Vernon Hughes, Dick Jonas	Doris Schiltz, Don Schultz
Bonnie Jonas, Burleigh Jurgensen	Marilyn Schultz, Margaret Sopoci
Sally Kimball, Wayne Kroger	Clifford Tague, Maureen Tague
Donna Krohn, Leonard Kurtz	Harvey Viken, Jon Wagoner
Art Lindell, Marlene Lindell	Claryce Welch, Gayle Zeman