Volunteer of the Month
Alice Card

Congratulations to Alice Card…August Volunteer of the Month! Alice has become a regular volunteer in the meal site. She can be found assisting those who need help with their trays and helping behind the serving counter when needed. She spends at least three days a week volunteering for us.

As a member of the Center, Alice also enjoys the Knitting & Crocheting Group, Men’s & Women’s Social, Creative Writing Class, Drum Circle, and the YMCA Balance Class. The library and gift shop have benefitted from her donations as well. Thanks Alice for all you do; enjoy your personalized cake, courtesy of Iris of the Pastry Parlor, and gift certificate from Palmer’s Olde Tyme Candy Shoppe!

Movie Mania for You and Your Grandchild

The Siouxland Center for Active Generations has partnered with Accura Healthcare for a 1:00 showing of The Good Dinosaur. This is the perfect opportunity to bring the grandkids to an excellent movie at no cost! What a great bonding opportunity before school starts. This movie will be shown on Monday, August 15 in the Conference Room. Please pre-register in the office, so we have enough popcorn for all!

FYI…It is not mandatory to bring a grandchild, this movie is for all ages!

Fall Follies

Our performing groups are busy preparing for the upcoming Fall Follies, which will be held Saturday, September 10, 2:00 p.m., at East High School. This year’s theme is, “Around the World”. Ticket cost remains at $5.00 per person.

*Remember to support your fellow members by attending the 33rd Annual Fall Follies. You will not regret your well spent afternoon. This one day event is open to the public…please join us!

Rivercade News

June 29th was a big day for the Siouxland Center for Active Generations and its members. For the third year, Honorary Rivercade Royalty were chosen. Those selected to represent the Center at the Rivercade and Riverssance festivities were: King Ron McKewon, Queen Frances Madison, 1st Prince Ray Deabler, 1st Princess Maria Timothy, 2nd Prince Marc Christofferson, and 2nd Princess Judy Rehurek. Following the coronation, the Rivercade Auction was held at the Center. Our representatives were in the Mardi Gras Parade, Rivercade Parade, judged the Rivercade Smile Contest, attended the Queen of the River Coronation, and will be attending Riverssance activities in October.

We would like to thank the following businesses and their representatives for sponsoring these events for us: Brookdale of Sioux City (Becky Duncan), Humana Market POINT (John Budde), HyVee on Hamilton (Scott Wieck), Sam’s Club (Ryan Molyneux), and Stoney Brook Suites (Kelly Staum). Their support was greatly appreciated and helped make all of this possible.

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Linda’s Notes

As I often (gratefully) say, the Siouxland Center for Active Generations relies on membership dues for a significant amount of our monetary support. So let me begin this month’s note by thanking you for playing such an important role in our financial standing through your membership.

Whether you come to the Center all day/every day, come for a specific weekly class, come a couple times a year for special events, or never come, but contribute because you know what an important role Active Generations plays in the community – ALL memberships are important!

We have begun a membership drive, which is open to anyone over 18 years of age. So please remind everyone you know that they can easily support Active Generations by joining. They can drop in anytime for a tour after seeing the facility, most join on the spot! Or they can go to our website, siouxlandseniorkenter.com, for a Membership Application, which can be mailed or e-mailed to us. We have been trending up in membership with a current roster of 1,372 members. Wouldn’t it be great to get to 1,500 members by the end of the year? That would mean an additional $5,120 we can use where it’s most needed. YOU can help us get there!

When you talk to your family, friends, and acquaintances about joining, remember to tell them they receive:

- A full year of the Sunshine News, complete with calendar and monthly menu
- A full year of wonderful fitness, creative, and social activities/programs
- Discounts on Friday dances
- Welcome kits and coupons for early renewal
- Reduced cost for a dedicated lap swimming/water walking time at Cook Pool
- First notice about health screenings, community activities, and opportunities, which local businesses and organizations periodically offer members
- The good feeling that comes from belonging to (and supporting) an integral community partner

Let me give you another example of a membership benefit. Do you remember the wonderful opportunity members had to enjoy the Broadway at the Orpheum shows Ragtime and Jersey Boys? Due to the number of tickets Missouri River Historical Development was able to give us for Jersey Boys, we were able to offer them for weeks to all comers. These tickets had a market-value of over $55 each – how’s that for a return on your $40 annual membership?

We continue to look for even more of these types of partnerships to bring additional value to your membership. But in the meantime, I hope you agree with me that the current value is well-worth your $40 investment. The opportunity to participate in over 65 programs and activities a week, strengthen new and old friendships, explore interests obligation-free, feel useful through volunteer service, and support Active Generations for the important role it plays in our community.

Again - thanks you for your membership. And please use it as much as possible! As we continue to grow, remember YOU are always the best advertisement for Active Generations.
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 June. We thank them for their thoughtfulness.

Lois Albertson  
Kathy Anderson  
Phyllis Banta  
Linda Beeson  
Kris Bergstrom  
Helen Bundu  
Jackie Busch  
Miriam Clayton  
Darlene Coulson  
Daryl Engraf  
Audrey Ercolini  
Deb Frazee  
Barbara Frey  
Rose Gilson  
Milo Hagen  
Bev Hall  
Sharon Hanneman  
B.J. Heitzman  
Normagene Hughes  
Glenn Johnson  
Kathy Johnson  
M. Donna Johnson  
Ron Johme  
Sharon Junge  
Sally Kimball  
Sandy Kuntz  
Doris Lohry  
Ann Mrla  
Sharon Murphy  
Norma Nielsen  
Merlin Olson  
Elaine O’Shaughnessy  
Charles Persinger  
Joanne Peters  
Betty Pierce  
Judy Pierce  
Toots Pittman  
George Polak  
Alice Reeg  
Judy Rehurek  
Dorothy Rietz  
Linda Santi  
Julie Semple  
Paul Swanson  
Maureen Tague  
Evey Thompson  
Lyle Todd  
Elaine Waskow  
Diane Widner  
Carolyn Wolf  
Gayle Zeman  
Redeemer Lutheran Church  
Sioux City Retired Educators Assoc.
Constance Hansen and Lawrence Soens join the Enter 90 group in August at the Siouxland Center for Active Generations. Other August notable birthdays include: Louise Bridgett, Dean Chapman, Darlene Clausen, Robert Hammond, Lillian Owens, Vera Roy, Mary Smith, and Margaret Sopoci.

Birthday congratulations to all.

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EXPECT MORE AT LUKEN MEMORIALS
• Highest Quality Granite & Bronze Memorials
• Exceptional Design & Craftsmanship
• Competitive Prices
• Welcoming, Spacious Showroom

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Constance (Connie) Hansen was born August 12, 1926 in Sioux City. Connie has one brother. She attended Floyd and Everett grade schools. She grew up on the west side and liked to roller skate and play with friends.

Connie graduated from Sioux City Central High School and Wayne State Teachers College. After graduation at Wayne State, she taught school at Hopkins, Webster, and Hoover schools.

On June 18, 1949, Connie married Robert (Bob) Hansen. They have been married 67 years and have three children, three grandchildren and six great grandchildren. In her free time she enjoys, playing the piano and organ, knitting and embroidery. She has volunteered with Meals on Wheels for twenty-five years, plays the organ at her church, and helps community service.

Connie has seen little change in her old west side neighborhood, but notes nationally there is more political chaos and less respect for old people.

The best year of her life was the year of marriage to her wonderful husband. Her greatest accomplishment is a ride in a Blimp! Loving the Lord has helped her reach ninety and being slow to judge is her piece of wisdom to share. She has enjoyed sharing her life with friends and family.

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I would like to share some information regarding the August 31, 10:30 Talk Show, Act of Nature. Member, Paula Bosco Damon will be the presenter. Paula centers much of her work on observations from nature, and has earned numerous top national and state honors for her creative non-fiction short stories.

New to creating prose poetry, the award-winning author has had several poems published by the South Dakota State Poetry Society, Brookings; Scurfpea Publishing, Sioux Falls, S.D.; and Fine Lines Literary Journal, Omaha, Neb.

After retiring from a long career in marketing communications, Bosco Damon is a syndicated columnist for newspapers in the Upper Midwest and a freelance consultant, advising organizations on strategic communications and grant writing. Formerly an adjunct English and writing instructor at area colleges and universities, she continues to teach workshops for aspiring writers.

She is the author of a collection of her earlier works “Look. Don’t Look.” and a book of poetry “Passing Notes.”

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Bridge Update
Did you know that you can find trustworthy, companionable, and intelligent friends by playing Bridge? Why, you ask? Players have to be reliable as they let down three other people if they cancel. They must be sociable, as complainers get winnowed out. They have to be reasonably bright, as it’s a tricky game. Pun intended!

You can learn Bridge at classes Wednesday afternoons and Thursday mornings. You can play a novice game Wednesday mornings or you can play in regular games Monday afternoons or Wednesday and Thursday nights.

We have a big tournament scheduled for November, so it’s time to get ready!

~Audrey Ercolini

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Treat Yourself to a Root Beer Float

Mark Thursday, August 18, on your calendar and remember to enjoy a root beer float courtesy of Accura Healthcare (formerly Hallmark Care Center). Amanda will be here from 1:00-1:30 with a “sweet treat” for you. Stop by for a quick “Hi, how are ya?” and enjoy a float to help beat the heat!

Special thanks to Accura Healthcare and Amanda.

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PUBLISHED AUTHOR TO SPEAK
**August Creative Writing Themes**

**“DO YOU HAVE A STORY TO TELL? Everyone has one...tell us yours.”**

**CREATIVE WRITING STORY TELLING THEMES**

Aug. 2nd...Dog Days
Aug. 9th...I Couldn’t Believe My Eyes
Aug. 16th...Write a Story: 26 sentences long and each sentence must begin with the next letter in the alphabet
Aug. 23rd...Pocket Money
Aug. 30th...Letter to the Editor

**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.”

---

**THOUGHTS FOR THE DAY-- INNER STRENGTH**

1. Can you start the day without caffeine?
2. Can you be cheerful ignoring aches and pains?
3. Can you eat the same food every day and be grateful for it?

**MORNING GROANERS**

1. An invisible man marries an invisible woman. The kids were nothing to look at either.
2. I went to buy some camouflage trousers the other day, but I couldn’t find any.
3. A jumper cable walks into a bar. The bartender says, “I’ll serve you, but don’t start anything.”

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- Alice Reeg, Creative Writing

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**Special Events on Mondays in July**

Monday, August 1 – 12:30 p.m. – Movie *Saving Mr. Banks*
Monday, August 8 – 1:00 p.m. – August Birthday Party
Hosts: Penny Bingo Group
Entertainment: B. J. & Friends
Volunteer of the Month: Alice Card

**Monday, August 15 – 12:30 p.m. – Movie *The Good Dinosaur***

**“AUGUST” IS MOVIE MANIA MONDAY …**

**You are encouraged to bring a grandchild with you! Please pre-register in the office for this fun event!**

Monday, August 22 – 12:30 p.m. – Movie *Won’t Back Down*
Monday, August 29 – 12:30 p.m. – Movie *Annie*

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***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.***

**Movies Courtesy of Accura Health Care of Sioux City**

**Movie Popcorn Courtesy of Bickford Senior Living**

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**Fall & Christmas Tours - JOIN US!**

**August 13:** Civil War Days / Pipestone, MN $79
**Sept 7 - 15:** NEW YORK CITY only $959
**Sept 23 & 24:** Omaha Get-A-Way with “Sister Act” Performance, + More $255
*Notice the Date is different than before*
This is corrected
**Sept 28 - Oct 1:** Buffalo Round-Up: Custer SD, Art Festival, Deadwood & More

**Sept 28 - Oct 6:** Albuquerque, Balloon Fiesta, & Santa Fe, New Mexico
**Oct 15 - 23:** Fall Color Tour: $1089
Smoky Mts/ Gatlinburg & Pigeon Forge + Covered Bridges of Indiana
**Nov 16 - 20:** A Branson Christmas: Price $759 with Texas Tenors, Showboat Bell, Moses & More
**Nov. (3 nights) “A Kansas City Christmas”**
**Dec (9 days) “Christmas on The River Walk”**

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**R & K TOURS**

712 - 753-2092 Email: Karen.rktours@gmail.com

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**FOR SALE**

Best Offer

Near new motorized scooter w/ charger and car frame.
Golden Companion II-GC340 made by Golden Tech.

Folding walker w/seat.

Contact: Verna Welte @ 239-3965

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Intermediate and Skilled Care

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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
4200 War Eagle Drive Sioux City, IA
712-224-2610
August Yearly Membership Anniversaries

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

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

HAROLD M ACKER
THERESA ANN AMBROSE
JUDY ASHLEY
TRUMAN R BERTHUSEN
ROSE M BOCKAN
DEANNA L BOWER
ALAN L (AL) BRUNING
PORTIA J BRUNING
NORMA JEAN BURRUS
LINDA I CAMARIGG
PATTY CARRELL
JAMES CHANCEY
RUTH C CHANCEY
CHARLOTTE J COLLINS
HARLAND CUMMINGS
MARY CUMMINGS
JAMES (JIM) M DUGGAN
JR. R. EDWARDS
DARYL D ENGRAF
CHARLES J FISHER
PAULETTE K FLETCHER
WILLIAM FLOY
HOWARD B GRAVES
JEAN M GROVES
CONSTANCE E HANSEN
ROBERT R HANSEN
ROSALIE MARIE HANSEN
KYONGAE HANSHW
(VIRGINIA) LUCILLE HINDERS
JOAN HIRSCHMAN
MAVIS HOLMAN
MONICA K HUDSON
GAYLEN H RONHAWK
SARAH JAMES
JULIA D JOHNSON
ROBERT (BOB) A JOHNSON
WAYNE RAY JOHNSON
PHYLLIS J JORDAN
VERNON L JUNGE
PAULA KÖLBET
WAYNE KOOIKER
CONNIE P KOURIS
SISTER JANET C KREBER
CAROL KRUMWIEDE
ROBERT KRUMWIEDE
LAVONNE JOAN LUNDGREN
ALICE M MARQUARDT
KAREN K MARTINSON
JAN V MASTELLER
GERDY MAYLOR
CLAIRE MIEHTHE
MARILYN JEANNINE MILLAGE
RONALD R MILLAGE SR
JAMES MILLER
JEANINE NEWTON
CATHERINE NICOLAS
MARY LOU NICOLLS
LORAE J NIEUWENDORP
CLYDA M NOVOTNY
JERRY O’DELL
ROBERTA O’DELL
LILLIAN L OWENS
CAROL A PERRIN
ROSEMARY ROMAN
LILLIE P RUNDALL
LINDA SANTI
CHARLES SCHOONOVER
DOREEN KAY SCHOONOVER
KATHRYN SCHROER
RAYMOND SCHROER
RONALD A SCHUETZ
MARJORIE (MARGE) K SKOKAN
RITA J SWANSON
MARY KAY THOMPSON
WILLIAM H THOMPSON
LYNDA TRUDEAU
ELIZABETH TUCKER
BARBARA UEHLING
SUE ULLRICH
ALFRED ZALETA
Summer is flying by, practices are getting tougher, and minutes are ticking by, and the Fall Follies are just around the corner. The summer vacations, outings, and achy bodies are taking a toll on the attendance in the group, but as always we trod along. We entertained at Touchstone this month, which gets us back to the reason we work so hard. It is also good practice for us to get those Follies smiles in place! Face it, we live to entertain! With this great group you can’t go wrong, so be sure to save the Follies date…September 10.

“Movement without meaning is just exercise.”

- BJ Heitzman

Our numbers are small, but our enthusiasm is enormous, as we continue learning this new, never ending language. We keep challenging our original dancers and encouraging our newcomers. We would invite you to stop in sometime to check our moves, see why we love dancing, and recognize the benefit to both mind and body.

We are looking forward to the Fall Follies and hope to show some graceful moves…all in sync!

“Nothing happens in the body without happening in the brain first... dancing is 95% mental.”

- BJ Heitzman

Mexican Train started off in July with a bang! Eleven members attended the first gathering and numbers have continued to be steady. Join us every Monday at 1:00. The 1st, 2nd, 3rd, and 5th Mondays’ game will be in the Meeting Room, while the 4th Monday we’ll meet in the Large Game (Penny Bingo) Room.

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).

Mexican Train News

Grief Support Program

We are looking forward to a change of pace…we will be hosting the monthly Birthday Party on Monday, August 8, at 1:00. For the past few years, we have picked August as our host month, so we are used to it by now.

Of course you will still see us on our regular Tuesdays and Thursdays between the hours of 8:30 a.m.-11:30 a.m. and 12:30 p.m.-2:30 p.m. Joining us is very affordable… only $.01 per card, up to (4) cards. Paper cards are $.25 per card on Thursdays and $1.00 per card on the first Tuesday monthly.

We invite you to come and share the fun!

- Bill Merritt

Parks & Rec Reminder

As part of your Siouxland Center for Active Generations membership, you will be able to swim at Cook Pool during the summer of 2016 at a reduced rate. If you swim between noon-1:00 P.M., enjoy the discounted price of $1.25 per member; you can’t beat that! Thanks to the Sioux City Parks & Rec for this great offer.

Our monthly Grief Support Program will be held Monday, August 8 at 9:30 a.m. in the Conference Room. This well-received program is under the leadership of social worker Jim Anderson and clergyman Steve Pohlman. Both are board members as well as members of the Center. Whether your loss was recent or not, feel free to stop in and see what we can offer to you or you can offer to others from your experience.
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<td>1 8:00 am Scrapbooking 8:30 am Yoga with Amanda 8:30 am Exercise Plus 50 9:00 am “Coffee with Laura” of Floyd Place 9:30 am Beginning Duplicate Bridge Class 9:30 am Wii Bowling 9:30 am Computer 1-on-1 (Pre-register) 9:30 am Tap Class 9:45 am Review Tai Chi Class 10:00 am Knitting &amp; Crocheting 11:30 am Duplicate Bridge 11:30 am-1:00 pm Lunch 12:30 pm “Divine Mr. Banks” 1:00 pm Mexican Train 1:00 pm Pinochle 3:00 pm Pinochle 3:00 pm American Mah Jong 3:00 pm Woodcarving 2:00 pm Super Strong Seniors with Kelly ~sponsored by The Heritage of Northern Hills</td>
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Siouxland Center for Active Generations
Homemade food prepared by Sandy Welch
Meals are $5.25
All meals include choice of beverage & salads
Serving 11:30-1:00 Carry Outs Available

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<tr>
<td>1</td>
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<td>Homemade Chicken &amp;</td>
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<td>BBQ Baby Back Ribs</td>
<td>Broasted Chicken</td>
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<td>Roast Beef</td>
<td>Meatball Sub</td>
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**“MEALS TO GO”...**
**ALWAYS AN OPTION!**

ENJOY A MEAL & CONVERSATION
AT THE CENTER...
REMEMBER THAT MEALS ARE OPEN TO THE PUBLIC.
**Wednesday Morning Talk Show Programs**

**Wednesday, August 3**

“HEALTHY DRINKING HABITS”
Speaker: Bob Corrie, Multipure Drinking Water

**Wednesday, August 10**

“ELECTIONS”
Speaker: Pat Gill, Woodbury County Commissioner of Elections

**Wednesday, August 17**

“KNOW YOUR BRAIN”
Speaker: Becky Duncan, Brookdale Activity Coordinator

**Wednesday, August 24**

“FALL TOUR TIME”
Speaker: Karen Bouwman, R & K Tours

**Wednesday, August 31**

“ACT OF NATURE”
Speaker: Paula Bosco Damon, Author

---

**Stop & Shop GIFT SHOP!**

Calling all members...stop in and check out the latest and greatest in arrivals. We have cook books, wall pictures (for any décor), and brand new handmade knitted caps. These caps make great gifts for you or someone else...at these low prices, why not buy two!

*We still take used cell phones to donate to those in the military.*

---

**Scheduled Lunch & Learn**

Kevin Benson of Sanford Female Pelvic Medicine and Reconstructive Surgery will be hosting a Lunch and Learn with a Q & A time to follow. This will be hosted at the Siouxland Center for Active Generations on Tuesday, October 11, at 11:30 a.m. If you are a woman who suffers with bladder problems, his talk will include information about treatment options for symptoms such as leakage of urine, urinary tract infections, urination problems, and fecal incontinence. Dr. Kevin Benson, MD, MS, FACOG is Board Certified: Female Pelvic Medicine. To schedule for the Lunch & Learn please call the Center at (712) 255-1729 and give them your name & phone number.

---

**Afghan Winner**

Janette Linden was the winner of the handmade afghan donated by Donna Krohn. Thanks to all who purchased the tickets and special thanks to Donna for her generosity.

---

**Belly Dancing is in the Building**

Reminder... Belly Dancing Class is back on the calendar scheduled for Tuesday mornings from 10:15-10:45, in the Exercise Room. No special clothing or equipment is needed to participate. Individual moves will be taught, so each participant can create their own dance form.

---

**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. Ads prices are $5 per month. Please contact Bruce in the Membership Office with questions or to place an ad.

---

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**Young at Heart Line Dancers**

We were so happy to hear that Arlene’s husband’s health is improving and to have her back dancing with us. We are so thankful for how everyone is doing.

Reminder…we practice Wednesday mornings, at 9:00, in the Music Room. We hope to have you with us.

- Virginia Livermore

**Chorus News**

We felt privileged to sing at the Honorary Rivercade Coronation and had a great time. One of our chorus members, Ray Deabler, was crowned prince. It’s always nice to have a chorus member recognized.

Reminder…we practice Wednesday mornings, at 9:00, in the Music Room. We hope to have you with us.

- Virginia Livermore

**Library Notes**

Thanks to Judy, Sonnie, Phyllis, Pat, Linda B., and Linda D. for helping make the book sale a success. Special thanks to Jerry and Charlie for setting up tables.

You may remember me mentioning these book titles, *One Summer: America, 1927* and *Sex-Crime Panic: A Journey to the Paranoid Heart of the 1950s*. I am pleased to announce that these former Book Club books are now on our library shelves…fulltime. We are so grateful for these donations and others. I think you might enjoy these titles, and other new arrivals, stop and see us.

See you in the library.

- Helen Eriksen

**Jam Session News**

I love the TV show, “America’s Got Talent”. Some of the talent is great, some isn’t. It’s all fun and I find it very inspiring and enjoy watching these people let their light shine. Pinky’s Jam Sessions are about encouraging people to have fun. Please come and share your light with us! Guitars and vocals are not our only performance platforms. We also encourage poetry, stage acts, stand up comedy, magic tricks…whatever your light is.

~Pinky Catron – “The Smile Maker”

**In an effort to reach out to all members of the Siouxland Center for Active Generations, Laura Nyiri, Community Relations Manager of Floyd Place, will be hosting Coffee with Laura on Mondays during the month of August. She will be in the coffee shop at 9:00 with coffee and a “breakfast sweet”. Stop in, sit a spell, and see what Laura has to share.

Many of you have had the opportunity to meet Laura at these “weekly coffees”. We thank Floyd Place for allowing Laura to spend mornings with us these past few months.

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Many of you have had the opportunity to meet Laura at these “weekly coffees”. We thank Floyd Place for allowing Laura to spend mornings with us these past few months.
The Sunshine News deadline seems to come around faster every month! I seem to be putting it off until it’s almost too late. I guess I am finding too much pleasure in reading. I can pick up a good book and before I know it, 45 minutes or so have rapidly passed by!

The bake sale in June was very successful. Those profits helped to offset the revenue missed with the loss of PACE. Remember PACE friends… continue to stop by and say “Hi” when you are driving past. I know some of you are Center members and will be reading my article!

Thanks for past, present, and future patronage.

- Marilyn Haller

**Computer Classes**

Our computer instructor, Kristina Yezdimer, offers One-on-One Computer Classes on Mondays and Wednesdays. These are one hour sessions at a cost of $10.00 per person (for members). To schedule for the 9:30 a.m. or 10:30 a.m. class time call the Center at (712) 255-1729. **We require all classes be prepaid.**

Thanks to Kristina for her continued support of the Siouxland Center for Active Generations.
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.

Double Take

As accomplished musicians and vocalists, Maria Timothy and Ron McKewon team up to form a unique musical duo, Double Take. Maria’s son, Ben, adds an electric drum and base tract to the mix, giving Double Take a full range and rich sound.

You will enjoy a wide variety of music for your listening and dancing pleasure…Big Band, 50s, 60s, 70s, country, and more. The song selection includes music from the 30s-70s, such as “Sentimental Journey”, “In the Mood”, “Snap Your Fingers”, “White Sport Coat”, and “Could I Have This Dance”.

Great music, excellent harmonies…need we say more…the unmistakable sounds of Double Take. Hear (and dance to) this duo live, for a free will donation, at the Friday 1:00 dance on August 19.

Tips on Canes & Walkers

Kristen Hammerstrom, owner of Visiting Angels, will be speaking at the September 7 Talk Show. In addition to giving information regarding proper care of equipment, Visiting Angels will be supplying (at no cost to members) new tips for canes and walkers. So literally…members you will be receiving…tips on canes and walkers!
AUGUST BIRTHDAYS

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

1 John Berger, VERA ROY, Bill Tellman II
2 Maria Andersen, Paulette Fletcher, Shirley Kinquist, Mary Lilly, Dale Milbrodt
3 Mary Kay Richards, Mary Lee Brygger, Joanne Peters
4 Betty Dirks, Georgetta Hoopingarner, Floyd Matson, LIL OWENS
   John Turner, Frederick Hill, Donna Sappingfield, Bill Merritt
5 Jeanette Beck, Candie Palacio, Judy Greger, Linda Groetken, Glenda Ellis, Mary Nation, Sheri McKenzie, Patricia Johnson
6 Audra Moir, Theresa Hammond, Eugene Kadinger, Russell Movall, Arthur Anderson, Terry Turner
7 Laura Gerkin, Margaret Brady, Richard Hayes, Virginia Parmelee
8 Denise Parsons, Veronica Franco
9 Ann Mrla, Lois Ward
10 David Stier, Donald Kingery, Linda Popken, Elmer Harms, Lisa Severson, Elaine Magstadt, Beverly Graber
11 Bob Wolf, Katie Codina, James Soukup, Carol Johnson
12 Ruth Jensen, Norene Hamman, Harriet Hanson, Alberta Spaulding, Jane Knutson, CONSTANCE HANSEN
13 Dewayne Nicolls, Carlotta Hall, Darlene Kilberg, Sherry Ratcliff, Ray Albright
14 Marilyn Chamberlain, Chirstine Hanifan, Ronal Risk
15 Diane Niewohner, Clyda Novotny
16 DEAN CHAPMA, Evonne Cole, David DeCora, Brenda Chapman
   ROBERT HAMMOND, Mary Petersen, MARGARET SOPOCI, Elanor Tilton
17 Edna Huckins, Ronald Millage Sr., Evelyn Fleming, Lucy Van Valkenburg
18 Debra Frazee
19 Julia Comeau
20 Leonard Kurtz, Virginia Martin, Susie Green
21 Charles Wahl, Diane Banks, Joe Coughlin, Dianne Gampp, Kerry Ruehle
22 Shirley Strain
23 Katherine Bousquet, Kay Cota, Steven Pohlan, Margaret McKenna, Janice Thomas
24 Charles Porter, James Mendenhall
25 Judy Stier, James Miller, Georgia Reusch, DARLENE CLAUSEN, Colleen Montag, MARY SMITH
26 Kay Beyerink, Leo Foxhoven, Marge Skokan, LAWRENCE SOENS, Pat Turner
27 Dell Goehring, Gerry Meylor, Rose Pilgrim, Mary Jean Schneider
28 Honey Griffin, Ruth Kingery, William Pelchat
29 Barbara Jacobson, Donald Harrington, Alan Scheffer, Joanne Stephens
30 LOUISE BRIDGETT, Connie Asmann, Gary Dehoff, Vernita Manship
31 Marilyn Hoberg, Elaine O’Shaughnessy

August Birthday Party at 1 p.m.

Our monthly birthday party will be held Monday, August 8, in the Multi-Purpose Room. It will be hosted by the Penny Bingo Group; entertainment provided by B. J. & Friends. Our Volunteer of the Month is Alice Card. 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 encourage and invite ALL MEMBERS to attend!

NEW MEMBERS

Walter Brockamp
Rachel Byrne
Sally Early
Beverly Graber
Gay Gunsch
Joyce Krone
Jane Olson
Virginia Parmeelee
John Woods

WE REMEMBER

Robert Vander Zee
Tony Stabile
Gerald Lenz

MEMORIALS

For: Tony Stabile
Friends of Tony Stabile

Sioux Body Shop
501 West 8th St.
(712) 255-7172
The Sunshine News is published by the:

Siouxland Center for Active Generations
313 Cook Street
Sioux City, Iowa 51103
TELEPHONE 712-255-1729

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

June

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.