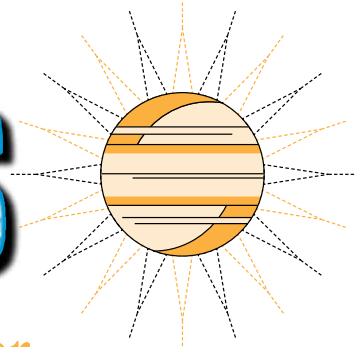


APRIL 2013 SUNSHINE NEWS



Telephone | Number | Published
712-255-1729 | 420 | Monthly

*"Spring shows what God can do with
a drab and dirty world." -Virgil Kraft*

Siouxland Center
for Active Generations



Volunteer of the Month

Judy Rehurek



We welcome Judy Rehurek as our April Volunteer of the Month. Judy joined the Siouxland Center for Active Generations in 2008 and is a daily visitor. She usually starts off her day here with a fitness class of some sort and ends it with a fitness class or using the fitness equipment...I guess she likes to be fit! She is currently one of the members of the "Live Healthy Iowa 10 Week Wellness Challenge" and also is one of our Fitness Room volunteers. When it comes to her additional volunteer efforts, Judy can be found in the meal site many times performing a variety of duties; preparing the silverware for the day or running the cash register. Judy can also be counted on to help out with special events such as Cruise Week. With a smile on her face she is always eager to help out wherever needed. Thanks Judy and enjoy your gift certificate to the Palmer's Olde Tyme Candy Shoppe.

Arrival of April

April is here with a volatile weather
poise that is perfectly captured by Poet
Robert Frost:
"You know how it is with an April day
When the sun is out and the wind is still
You're one month on in the middle of
May

But if you so much as dare speak
A cloud comes over the sunlit arch
A wind comes off a frozen peak
And you're two months back in the
middle of March."

-By the Editor

CNOS INJURY SCREENINGS

Aches? Pains? Sore joints? Muscle concerns? If you are experiencing any of these problems and would like direction as to whether a doctor should see you, ask one of the CNOS Athletic Trainers between 11 am and noon, on April 10 or April 24. A member of their

staff will be in the Large Game Room at the Siouxland Center for Active Generations, anxious to address your concerns. No appointment is necessary, just stop in and see what medical path (if any) is suggested.

Senior Living Fair

The Siouxland Center for Active Generations will be hosting its annual Senior Living Fair, "Be the Ringmaster of Your Life," from 10:30 a.m. until 3 p.m. Wednesday, April 17. **Participation is free and open to the public.**

The annual fair is an entertaining and informative day geared at enriching the lives of older adults. This year's fair will feature many exhibit booths, health screenings, educational programs, refreshments, giveaways and more.

We will begin the day at 10:30 a.m. with a Talk Show. David Benson, Shrine President, will give a talk on "Shrine Services". This should be a very informative program regarding this worthwhile organization. Make sure to attend.

Exhibit booths will be open for viewing from 1 p.m. until 3 p.m. Health screenings will also be available during this time.

The annual event brings a wide

range of exhibitors which address the needs of older adults in the areas of medical and chiropractic care, health and fitness, travel, hobbies, recreation, insurance, real estate and more. There will also be exhibitors from area clubs and organizations, as well as senior living representatives from the tri-state region.

Lunch will be available, both in the Sit & Sip Coffee Shop and at the Meal Site, prepared by Central Catering, from 11 a.m. until noon. *Homemade goodies can also be purchased at the bake sale, which runs throughout the day.*

Remember to register for the door prizes which will be given away throughout the afternoon. Winners will be posted.

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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\$12 per column inch



Senior Helpmate Program
Sioux City — 712-276-1075

Dianna Pike
Program Coordinator

Holiday Dollars Results

A sincere THANK YOU, to all listed, for responding to our Holiday Request letter. We would have had a THANK YOU printed sooner but donations continued to trickle in through February. Our goal was to raise \$20,000 to assist the Siouxland Center for Active Generations towards meeting its total expenses of over \$270,000 (major items being utilities, insurance, snow removal, accounting,

building supplies and janitorial services.) To date we have received \$9,392. As budget time approaches we will do our best to hold expenses and look for new revenue sources. Remember, it's never too late to donate.

We would like to acknowledge all who sent in donations and THANK YOU for your gifts.

Harold Acker	Jack & Betty Jansen	Larry & Elaine
Wyman Anderson	Bill & Dorothy Jansen	Rowenhorst
Eugene & Lola Anderson	Ron Johme	Lucille Sage
Connie Asmann	Douglas Johnson	Robert & MaryJean
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Helen Corey	Margaret Lamkin	Claryce Welch
Kay Cota	Phyllis Lewis	Deloris Whitehill
Jerry Crossland	Donna & Dean Marsh	JL Wiedemeier
Harlan & Kim Crouch	Dale & Sophie Milbrodt	Lenore Wingert
Robert Curry	Sue Miller	Adele Wood
Mickey Detches	Robert Mohan	Nicholas & Jean Zarkos
Wayne Ducommun	Lorraine Montagne	Bev Zenor
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Ellen Duncan	Michael Mullen	Dee Sachau
Daryl & Madaline Engraf	Luella Mutz	
Diane Feilen	Janice Nagel	
Francis Foley	David Napier	
Bonnie Frahm	Kelly Nashleanas	
LaVonne Baker Gene	Sharon Ocker	
Rissell	Arlynn O'Connor	
Bert Gill	Carol Patnaud	
Wanda Hamel	Nancy Peterson	
Robert R Hansen	Don Phipps	
Robert Hanson	Dianna Pike	
Ron & Rima Hartman	George Polak	
Richard Hayes	Elvin & Sandra	
John & Dolly Hendrix	Rasmussen	
Glad Hill	Laurence Reynolds	
Dan Hudek	Ron & Shirley Risk	
Ken & Lorraine Huls	Doug & Sonnie Robbins	
Jon Iverson	Ken Rosene	

Genealogy Interest

Genealogy instructor Ron Johme would like to know if there is a continued interest in genealogy classes. These could resume in May if there are enough interested members. Please call the Siouxland Center for Active Generations and leave your name and phone number if you would like to attend.

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 February. We thank them for their thoughtfulness.

Kathy Anders
Jeanette Beekman
Jean Beller
Kris Bergstrom
Bob Blenderman
Pat Bornhoft
Helen Bundy
Casa De Paz
Donna Castle
Dorothy Chauncey
Robert Church
Star Connolly
Alice Coppock
Ken Dvorak
Daryl Engraf
Audrey Ercolini
Helen Eriksen
Barbara Frey
Rose Gibson
Bev Hall
Barb Harbeck
Connie Holman
Dan Hudek
Normagene Hughes

Betty Jansen
Glenn Johnson
Phyllis Jordan
Sally Kimball
Joan Kobe
Gladys Kock
Mandi Korinke
Evelyn Koson
Carol Larson
Jeff Loffswold
Rochelle Lundy
Della Mahon
Elaine McCuddin
Margaret McKenna
Mercy Home Care
Ann Mrla
Ron Mueller
Jan Nelson
Carl Noltze
Dona O'Gara
Merlin Olson
Charles Persinger
Joanne Peters
Dianna Pike

Toots Pittman
George Polak
Judy Rehurek
Kelly Sachau
Dee Sachau
Doris Schiltz
Rhonda Schultz
Sioux City Garden Club
Rosejean Smith
Magaret Sopoci
Alberta Spaulding
Orval Stone
Jean Sweeney
Wilma Sylvester
Evey Thompson
Jerry Thompson
Darlene Vanderzee
Pearl Voss
D. Wentz
Connie Wieck
Jennifer Wilson
Gayle Zeman

Attention New Members

Staff of the Siouxland Center for Active Generations will be hosting a monthly "coffee" at 9 a.m. the last Monday of each month. This get-together will be held in the Board Room and is open to members registered after March 25. Our next coffee will be on Monday, April 29. Please call (712) 255-1729 to register.

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Congratulations to Al & Lois Chartier



dance had an attendance of 93 people; including 14 married couples. Al and Lois Chartier, with 70 years of wedded bliss, were the couple married the longest. They received a box of chocolates from Walgreen's Downtown and roses from Barbara's Floral & Gifts. Walgreen's also provided the refreshments.

On Friday, February 17, a special Valentine's Dance was held at the Siouxland Center for Active Generations. This free will donation

Congratulations to the Chartiers and best wishes for many more years of good health and happiness.

Young at Heart Line Dancers

Congratulations to our dancers as they made a great showing at the Day of Dance held on Saturday, February 23rd at the Marina Inn. Super job people! It definitely shows the time and effort they put into learning and doing the dances so well. Many of them come in and do two or three classes on Thursday's and their commitment shows in their dancing.

We are in the process of learning two new dances and getting our music for the October Follies. We also performed at Casa De Paz on Monday, March 18th and everyone enjoyed themselves as well as the residents. As always, we will keep on dancing!



-Sally

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Enter 90

There is one new member in the Enter 90 group for April at the Siouxland Center for Active Generations. She is Geneva King, 4/25.

Darrell Strong	4/20
Frances Gard	4/23
Irene Goodwin	4/24
Clarice Nielsen	4/25

Birthday congratulations to all!

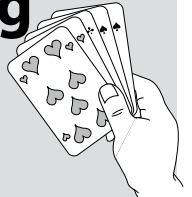
Other 90s birthdays for the month of March include:

Irma Eilers	4/2
Helen Delay	4/3
Ellen Trobaugh	4/3
Wesley Goodwin	4/18

Much Thanks

Thanks to all who attended the 90th birthday open house for Sunshine News Editor Bob Hansen, and for the many cards and other greetings. It was much appreciated.

Beginning Bridge Lessons



A Beginning Bridge Class will be offered by Diana Howard on Thursday mornings beginning May 2. This class will take place in the card room from 9 a.m. -11 a.m. The class requires a minimum of four people, so preregistration is required. We will be using a book by the renowned Bridge teacher, Audrey Grant. Books will be provided. Cost for the class is \$6. This class will cover the basic bridge skills of bidding, trick taking, and scoring.

**Please contact Kerry Ruehle (Activities Coordinator) if you are interested and she will put your name and phone number on the class sign-up sheet.*

-Diana Howard

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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).

"A Step Beyond"

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Time alone does not always heal. Because we are in the profession of caring, we are interested in you. You are welcome to join this friendly group on the 2nd Tuesday of each month. No fee.

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



Stop & Shop Gift Shop



Golf anyone? With Spring here, comes the thought of being outside in the sunshine enjoying a good game of golf. Before putting money into a new set of clubs, you may want to check out one of the sets donated to our gift shop; left handed, right handed, we cover it all. Totally unrelated items in our gift shop would include jig saw puzzles, framed wall pictures, and much more...stop in!

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April Dues Due

List of Siouxland Center for Active Generations members with dues due in the month of April

BONNIE C. ACHORD
 LOLA M. ANDERSON
 KATHLEEN JOY ANDERSON
 PATRICIA E. ARNOLD
 IDA MAE BACKHAUS
 DONALD G. BERG
 CATHY S. BERG
 LORRAINE M. BERNARD
 MARGARET M. BRADY
 ROBERT W. BRAY
 CLEO F. BREHM
 MARIE T. BYRNE
 ROBERTA A. COSENTINO
 FERN R. DAMRAU
 GEORGIA A. DIAVASTES
 BETTY L. DUTCHER
 MAXINE J. EATON
 MYRNA S. FOWKES
 STEVEN L. FOX
 MARLENE J. FRANK
 BARBARA M. FREY
 MARLIS M. FRIESNER
 PETER F. GEERON
 JOHN W. (JACK) GOODWIN
 BARBARA A. GOODWIN
 DARLOE K. HEATH

DOLLY A. HENDRIX
 DONNA R. HOBBS
 SHIRLEY J. HODGES
 JOSEPH F. HORAK
 VALERIA E. HORAK
 ALBA M. HYSSELL
 BARBARA A. JACKSON
 RONALD E. JOHME
 LOWELL C. JOHNSON
 JAMES R. JOHNSON
 PATRICIA A. (PAT) JOHNSON
 KEN M. KEANE
 KENNETH L. KEITH
 EVA F. KEMP
 RUSSELL W. KIMPSON
 ROGER A. LEFF
 BENITA RAE LEFF
 DOLORES A. LIVENGOOD
 LENORE LUPO
 CAROLINE FAE MACE
 LINDA J. MADDEN
 FRANCES M. MADISON
 DEAN D. MARSH
 DONNA B. MARSH
 PATTI A. (PATRICIA)
 MARVIN

RICHARD L. MCARTHUR
 JAMES F. MCCARTY
 MADONNA F. MOSS
 RONALD E. MUELLER
 MARK I. MUSSELMAN
 BETTY E. NASSIFF
 STANLEY N. (STAN)
 NAVRUDE, SR.
 SHARON J. NELSON
 RICHARD G. NOONEY
 CONNIE K. OTTO
 ROBERT E. PERRIN
 VIRGINIA H. PFLANZ
 GERALD E. SCHULTE
 MARY ANN SCHULTE
 ELIDA D. STAGGS
 DALE A. STAGGS
 DARRELL W. STUSSE
 JEAN A. SWEENEY
 ARLENE A. WAGNER
 LOIS A. WALSH
 HELEN M. WEDMORE
 JAMES W. (JIM) WELDEN
 BERNA DENE WENBERG
 KENNETH G. WHITE
 LINDA M. WHITE

PAM D. WRIGHT

If you have already paid your membership dues, please disregard this notice and Thank You for your prompt payment.

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.


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 Angela Avery*

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Mondays In April 1 p.m.

Monday, April 1 – "The Lost Valentine"
Monday, April 8 – 1 P.M. APRIL BIRTHDAY PARTY
Entertainment: Curtains Up Drama Group
Hosts: Woodcarvers
Monday, April 15 – "Lincoln"
Monday, April 22 – "Emma"
Monday, April 29 – "Shakespeare in Love"
Movie Popcorn Courtesy of Bickford Senior Living



April's Creative Writing Themes

Let's have some fun telling stories!
 Everyone has one---tell us yours.

APRIL 30...ARBOR DAY
JOIN US AT 10 A.M. EVERY TUESDAY

~~~~~

*April's Motto:*  
 You have achieved success if  
 You have lived well, laughed often,  
 And loved much. (Author unknown)  
 -Alice Reeg

**CREATIVE WRITING AND STORY TELLING THEMES:**  
**APRIL 2...**APRIL FOOLS DAY  
**APRIL 9...**LIVING ELSEWHERE  
**APRIL 16...**CHANGING HABITS  
**APRIL 23...**VOLUNTEER WORK

## Changes in the April Calendar

Please check the April calendar closely for any additions or changes. We will have a few of the activities changed for Wednesday, April 17, due to the Senior Living Fair, which is open to everyone. Invite your friends and relatives to join

us for the fun on April 17 and learn what Siouxland businesses have to offer! The Senior Living Fair kicks off with the Talk Show and Bake Sale in the morning; booths will open at 1 p.m. and close at 3 p.m.

## April Birthday Party at 1 p.m.

Our monthly Birthday Party will be held Monday, April 8 in the Multi-Purpose Room. Entertainment will be provided by the Curtains Up Drama Group. Hosting will be done by the Woodcarvers. All members are invited; especially those with April birthdays. We thank Regency Square Senior Living and Touchstone Living Center for providing the refreshments.



## Weekly Fitness Classes

Super Strong Seniors, Fitness, Walking Off the Pounds, and Senior Yoga. Consult the calendar for details on days, times, and instructors. We thank the following volunteer fitness instructors: Sandy Backhaus & Kelly Nashleanas.



## Computer Classes Offered

The following computer classes, taught by Dodie McManamy, are offered at the Siouxland Center for Active Generations: Beginner, Internet & Email, Digital Camera, and Beginning Facebook. Cost of classes varies. For class descriptions or to sign up for these classes, call Kerry at (712) 255-1729.

*\*Dodie will be taking some time off during the winter months; you are still welcome to have your name placed on the list for when she returns to the classroom.*



## WEDNESDAY MORNING TALK SHOW PROGRAMS AT 10:30 A.M.

**Wednesday, April 3 –  
 "9 Minute Meals"**  
*Hilda Pearson, Siouxland Center for Active Generations member*




**Wednesday, April 10 –  
 "Decisions to Make in Choosing a Care Facility"**  
*Marty Millard, Regency Square*

**Wednesday, April 17 –  
 "Shriner Services"**  
*David Benson, Shrine President*

**Wednesday, April 24 –  
 "Social Security Update"**  
*Hans Katzenmeier, Social Security Administration District Manager*



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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>9:30 am Wii Practice<br/>10:00 am Knitting &amp; Crocheting<br/>11:30 am Duplicate Bridge<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Latin Dance Lessons<br/>1:00 pm Ballroom Lessons<br/>1:00 pm Movie<br/>"Lincoln"<br/>1:00 pm Mah Jong<br/>1:00 pm Pinochle<br/>1:00 pm Woodcarving<br/>2:00 pm Fitness with Kelly</p>                                                                                                                                     | <p>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:00 am Walking Off Pounds<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Tap Practice<br/>1:00 pm Painting Class<br/>1:00 pm Pitch<br/>2:00 pm Ping Pong<br/>2:00 pm Choreographed Ballroom</p>                                                                                   | <p><b>LUNCH 11:00-12:00</b><br/>1:00-3:00<br/>9:00 am Senior Yoga<br/>9:00 am Chorus<br/>9:30 am Painting Class<br/>9:30 am Novice Dup. Bridge Game<br/>10:00 am Beginner Tap Practice<br/>10:30 am Talk Show<br/>"Shriner Services"<br/>10:45 am Guitar Practice<br/>11:00 am Drama Group<br/>11:00 am-12:00 pm Lunch<br/>12:30 pm Bridge<br/>1:00 pm Painting Class<br/>1:00 pm Scrabble<br/>1:00 pm 500</p>                                                                                                                                              | <p>9:00 am Walking Off Pounds<br/>9:30 am Drum Circle<br/>9:45 am Beg. 2 Line Dance<br/>10:00 am Senior Yoga<br/>10:00 am Men's Club<br/>10:00 am German<br/>10:30 am Juggling For Fun<br/>11:00 am Advanced Line Dance<br/>11:30 am-12:30 pm Lunch<br/>1:00 pm Canasta<br/>1:00 pm "Come &amp; Go" Bridge<br/>1:00 pm Inter. Line Dance<br/>1:00 pm Woodcarving<br/>1:00 pm Bridge Group<br/>1:00 pm Cribbage<br/>2:00 pm Ping Pong</p>                                  | <p>9:30 am Wii Practice<br/>10:00 am Blood Pressures/St. Luke's<br/>10:00 am Beginners Ping Pong<br/>10:30 am Pool Shooting For Women<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Basic Tap<br/>12:00 pm Bridge Group<br/>1:00 pm Open Craft Time<br/>1:00 pm Bridge &amp; 500<br/>1:00 pm Scrabble<br/>1:00 pm Friday Dance<br/>Three River Band</p>                                                                                             |
| <p><b>22</b><br/>8:15 am Exercise Plus 50<br/>9:30 am Tap Class<br/>9:30 am Wii Practice<br/>10:00 am Knitting &amp; Crocheting<br/>11:30 am Duplicate Bridge<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Latin Dance Lessons<br/>1:00 pm Ballroom Lessons<br/>1:00 pm Movie<br/>"Emma"<br/>1:00 pm Parkinson's Meeting<br/>1:00 pm Mah Jong<br/>1:00 pm Pinochle<br/>1:00 pm Woodcarving<br/>2:30 pm Super Strong Seniors with Kelly; sponsored by StoneyBrook</p>  | <p><b>23</b><br/>8:30 am Penny Bingo<br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:00 am Walking Off Pounds<br/>10:30 am Crafts<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Tap Practice<br/>1:00 pm Painting Class<br/>1:00 pm Pitch<br/>2:00 pm Ping Pong<br/>2:00 pm Choreographed Ballroom</p> | <p><b>24</b><br/>9:00 am Senior Yoga<br/>9:00 am Chorus<br/>9:30 am Painting Class<br/>9:30 am Novice Dup. Bridge Game<br/>10:00 am Beginner Tap Practice<br/>10:00 am 3 Mile Walk<br/>10:30 am Talk Show<br/>"Social Security Update"<br/>10:45 am Guitar Practice<br/>11:00 am Drama Group<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Bridge<br/>1:00 pm Painting Class<br/>1:00 pm Scrabble<br/>1:00 pm 500<br/>2:40 pm 1 Mile Walk Warm Up<br/>3:00 pm Fitness with Kelly, sponsored by StoneyBrook Suites<br/><b>KARAOKE &amp; TREATS 12:00-2:30</b></p> | <p><b>25</b><br/>8:30 am Penny Bingo<br/>8:45 am Beg. 1 Line Dance<br/>9:00 am Walking Off Pounds<br/>9:30 am Drum Circle<br/>9:45 am Beg. 2 Line Dance<br/>10:00 am Senior Yoga<br/>10:00 am Men's Club<br/>10:00 am German<br/>10:30 am Juggling For Fun<br/>11:00 am Advanced Line Dance<br/>11:30 am-12:30 pm Lunch<br/>1:00 pm Canasta<br/>1:00 pm Inter. Line Dance<br/>1:00 pm Woodcarving<br/>1:00 pm Bridge Group<br/>1:00 pm Cribbage<br/>2:00 pm Ping Pong</p> | <p><b>26</b><br/>8:30 am Exercise Plus 50<br/>9:30 am Fitness<br/>9:30 am Wii Practice<br/>10:00 am Blood Pressures/Mercy<br/>10:00 am Beginners Ping Pong<br/>10:30 am Pool Shooting For Women<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Basic Tap<br/>12:00 pm Bridge Group<br/>1:00 pm Open Craft Time<br/>1:00 pm Bridge &amp; 500<br/>1:00 pm Scrabble<br/>1:00 pm Friday Dance<br/><b>FREE DANCE</b><br/>Terry &amp; Three on the Road</p>  |
| <p><b>29</b><br/>8:15 am Exercise Plus 50<br/>9:00 am Intermediate Bridge Class<br/>9:30 am Tap Class<br/>9:30 am Wii Practice<br/>10:00 am Knitting &amp; Crocheting<br/>11:30 am Duplicate Bridge<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Latin Dance Lessons<br/>1:00 pm Ballroom Lessons<br/>1:00 pm Movie<br/>"Shakespeare in Love"<br/>1:00 pm Mah Jong<br/>1:00 pm Pinochle<br/>1:00 pm Woodcarving<br/>2:00 pm Fitness with Kelly</p>                    | <p><b>30</b><br/>8:30 am Penny Bingo<br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:00 am Walking Off Pounds<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Tap Practice<br/>1:00 pm Painting Class<br/>1:00 pm Pitch<br/>2:00 pm Ping Pong<br/>2:00 pm Choreographed Ballroom</p>                     | <p><b>31</b><br/>9:00 am Senior Yoga<br/>9:00 am Chorus<br/>9:30 am Painting Class<br/>9:30 am Novice Dup. Bridge Game<br/>10:00 am Beginner Tap Practice<br/>10:30 am Talk Show<br/>"Shriner Services"<br/>10:45 am Guitar Practice<br/>11:00 am Drama Group<br/>11:00 am-12:00 pm Lunch<br/>12:30 pm Bridge<br/>1:00 pm Painting Class<br/>1:00 pm Scrabble<br/>1:00 pm 500<br/>2:40 pm 1 Mile Walk Warm Up<br/>3:00 pm Fitness with Kelly, sponsored by StoneyBrook Suites<br/><b>KARAOKE &amp; TREATS 12:00-2:30</b></p>                                | <p><b>32</b><br/>9:00 am Walking Off Pounds<br/>9:30 am Drum Circle<br/>9:45 am Beg. 2 Line Dance<br/>10:00 am Senior Yoga<br/>10:00 am Men's Club<br/>10:00 am German<br/>10:30 am Juggling For Fun<br/>11:00 am Advanced Line Dance<br/>11:30 am-12:30 pm Lunch<br/>1:00 pm Canasta<br/>1:00 pm Inter. Line Dance<br/>1:00 pm Woodcarving<br/>1:00 pm Bridge Group<br/>1:00 pm Cribbage<br/>2:00 pm Ping Pong</p>                                                       | <p><b>33</b><br/>9:30 am Wii Practice<br/>10:00 am Blood Pressures/St. Luke's<br/>10:00 am Beginners Ping Pong<br/>10:30 am Pool Shooting For Women<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Basic Tap<br/>12:00 pm Bridge Group<br/>1:00 pm Open Craft Time<br/>1:00 pm Bridge &amp; 500<br/>1:00 pm Scrabble<br/>1:00 pm Friday Dance<br/><b>FREE DANCE</b><br/>Terry &amp; Three on the Road</p>                                              |



**HAPPY  
EASTER**



# April 2013

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





**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b><br/>8:15 am Exercise Plus 50<br/>9:30 am Tap Class<br/>9:30 am Wii Practice<br/>10:00 am Knitting &amp; Crocheting<br/>11:30 am Duplicate Bridge<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Latin Dance Lessons<br/>1:00 pm Ballroom Lessons<br/>1:00 pm Movie<br/>“The Lost Valentine”<br/>1:00 pm Mah Jong<br/>1:00 pm Pinoche<br/>1:00 pm Woodcarving<br/>2:00 pm Fitness with Kelly</p>                                                                                                             | <p><b>2</b><br/>8:30 am Penny Bingo<br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:00 am Walking Off Pounds<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Tap Practice<br/>1:00 pm Painting Class<br/>1:00 pm Pitch<br/>2:00 pm Ping Pong<br/>2:00 pm Choreographed Ballroom</p>                     | <p><b>3</b><br/>9:00 am Senior Yoga<br/>9:00 am Chorus<br/>9:30 am Painting Class<br/>9:30 am Novice Dup. Bridge Game<br/>10:00 am Beginner Tap Practice<br/>10:00 am 3 Mile Walk<br/>10:30 am Talk Show<br/>“9 Minute Meals”<br/>10:45 am Guitar Practice<br/>11:00 am Drama Group<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Bridge<br/>1:00 pm Painting Class<br/>1:00 pm Scrabble<br/>1:00 pm 500<br/>2:40 pm 1 Mile Walk Warm Up<br/>3:00 pm Fitness with Kelly,<br/>sponsored by StoneyBrook Suites</p>                                     | <p><b>4</b><br/>8:30 am Penny Bingo<br/>8:45 am Beg. 1 Line Dance<br/>9:00 am Walking Off Pounds<br/>9:30 am Drum Circle<br/>9:45 am Beg. 2 Line Dance<br/>10:00 am Library Book Club<br/>10:00 am Senior Yoga<br/>10:00 am Men’s Club<br/>10:00 am German<br/>10:30 am Juggling For Fun<br/>11:00 am Advanced Line Dance<br/>11:30 am-12:30 pm Lunch<br/>1:00 pm Canasta<br/>1:00 pm “Come &amp; Go” Bridge<br/>1:00 pm Inter. Line Dance<br/>1:00 pm Woodcarving<br/>1:00 pm Bridge Group<br/>1:00 pm Crabbage<br/>2:00 pm Ping Pong</p> | <p><b>5</b><br/>8:30 am Exercise Plus 50<br/>9:30 am Fitness<br/>9:30 am Wii Practice<br/>10:00 am Blood Pressures/St. Luke’s<br/>10:00 am Beginners Ping Pong<br/>10:30 am Pool Shooting For Women<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Basic Tap<br/>12:00 pm Bridge Group<br/>1:00 pm Open Craft Time<br/>1:00 pm Bridge &amp; 500<br/>1:00 pm Scrabble<br/>1:00 pm Friday Dance<br/>Country Brew</p>    |
| <p><b>8</b><br/>8:15 am Exercise Plus 50<br/>9:30 am Tap Class<br/>9:30 am Wii Practice<br/>10:00 am Knitting &amp; Crocheting<br/>11:30 am Duplicate Bridge<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Latin Dance Lessons<br/>1:00 pm Ballroom Lessons<br/>1:00 pm Birthday Party<br/>Entertainment by Curtains Up<br/>Drama Group, Hosted by the<br/>Woodcarvers<br/>1:00 pm Mah Jong<br/>1:00 pm Pinoche<br/>1:00 pm Woodcarving<br/>2:30 pm Super Strong Seniors with<br/>Kelly; sponsored by StoneyBrook</p>  | <p><b>9</b><br/>8:30 am Penny Bingo<br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:00 am Walking Off Pounds<br/>10:30 am Crafts<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Tap Practice<br/>1:00 pm Painting Class<br/>1:00 pm Pitch<br/>2:00 pm Ping Pong<br/>2:00 pm Choreographed Ballroom</p> | <p><b>10</b><br/>9:00 am Senior Yoga<br/>9:00 am Chorus<br/>9:30 am Painting Class<br/>9:30 am Novice Dup. Bridge Game<br/>10:00 am Beginner Tap Practice<br/>10:00 am 3 Mile Walk<br/>10:30 am Talk Show<br/>“Decisions to Make in Choosing a<br/>Care Facility”<br/>10:45 am Guitar Practice<br/>11:00 am Drama Group<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Bridge<br/>1:00 pm Painting Class<br/>1:00 pm Scrabble<br/>1:00 pm 500<br/>2:40 pm 1 Mile Walk Warm Up<br/>3:00 pm Fitness with Kelly,<br/>sponsored by StoneyBrook Suites</p> | <p><b>11</b><br/>8:30 am Penny Bingo<br/>8:45 am Beg. 1 Line Dance<br/>9:00 am Walking Off Pounds<br/>9:30 am Drum Circle<br/>9:45 am Beg. 2 Line Dance<br/>10:00 am Senior Yoga<br/>10:00 am Men’s Club<br/>10:00 am German<br/>10:30 am Juggling For Fun<br/>11:00 am Advanced Line Dance<br/>11:30 am-12:30 pm Lunch<br/>1:00 pm Canasta<br/>1:00 pm Inter. Line Dance<br/>1:00 pm Woodcarving<br/>1:00 pm Bridge Group<br/>1:00 pm Crabbage<br/>2:00 pm Ping Pong</p>                                                                  | <p><b>12</b><br/>8:30 am Exercise Plus 50<br/>9:30 am Fitness<br/>9:30 am Wii Practice<br/>10:00 am Blood Pressures/Mercy<br/>10:00 am Beginners Ping Pong<br/>10:30 am Pool Shooting For Women<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Basic Tap<br/>12:00 pm Bridge Group<br/>1:00 pm Open Craft Time<br/>1:00 pm Bridge &amp; 500<br/>1:00 pm Scrabble<br/>1:00 pm Friday Dance<br/>Shirley’s Big Band</p>  |
| <p><b>15</b><br/>8:15 am Exercise Plus 50<br/>9:30 am Tap Class</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>16</b><br/>8:30 am Penny Bingo<br/>9:00 am Senior Yoga</p>                                                                                                                                                                                                                                                                         | <p><b>17</b><br/><b>SENIOR LIVING FAIR</b><br/>1:00 - 3:00</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>18</b><br/>8:30 am Penny Bingo<br/>8:45 am Beg. 1 Line Dance</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>19</b><br/>8:30 am Exercise Plus 50<br/>9:30 am Fitness</p>                                                                                                                                                                                                                                                                                                                                                                                                                                  |

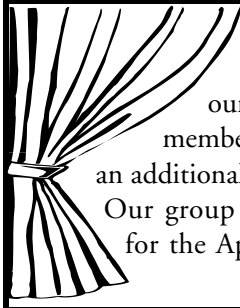
Siouxland Center for Active Generations  
Central Catering Cost: \$4.95 Meal

# April 2013

Serving 11:30 a.m. -12:30 p.m. Carry Outs Available

| Mon                                                                | Tue                                                                                    | Wed                                                                                                                  | Thu                                                               | Fri                                                                                                                                     |
|--------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>Chicken Marcela<br>Mixed Vegetables<br>Pudding Cup            | 2<br>Meatballs in Gravy<br>Baked Potato<br>Southern Apple Cake                         | 3<br>Turkey Melts<br>Vegetable Fries<br>Frosted Brownie                                                              | 4<br>Broasted Chicken<br>Cheddar Mashed Potatoes<br>Ice Cream Cup | 5<br>Baked Tilapia<br>Mashed Potatoes/Gravy<br>Cookie                                                                                   |
| 8<br>Pork Cutlet/Mushroom Gravy<br>Baked Potato<br>Rice Krispy Bar | 9<br>Chili Dog or BBQ Rib/Bun<br>Potato Wedges<br>Banana Bar                           | 10 <b><u>BREAKFAST 8-9 a.m.</u></b><br>Braised Chicken Breast<br>Boiled Potatoes/Gravy<br>Broccoli Orange Jello Cake | 11<br>Hot Beef Sandwich<br>Mashed Potatoes/Gravy<br>Brownie       | 12<br>Ground Beef Cabbage Rolls<br>w/Rice & Tomato Sauce<br>Mixed Vegetables<br>Cake                                                    |
| 15<br>BBQ Chicken or Pork /Bun<br>Potato Wedges<br>Fruit Crisp     | 16<br>Cranberry Glazed Pork Loin<br>Mashed Potatoes/Gravy<br>Carrots<br>Éclair Dessert | 17 <b><u>SERVING 11 a.m. -noon</u></b><br>Chicken Breast<br>Baked Potatoes<br>Cookie                                 | 18<br>Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Pudding Cup | 19<br>Meatloaf<br>Baked Potato<br>Ice Cream Cup                                                                                         |
| 22<br>Pan Seared Pork Chop<br>Roasted Potatoes<br>Cookie           | 23<br>Broasted Chicken<br>Sweet Potatoes<br>Assorted Cake                              | 24<br>Ground Sirloin Steak w/<br>Caramelized Onions<br>Baked Potato<br>Orange Jello                                  | 25<br>Pepper Steak over Rice Pilaf<br>Vegetable<br>Ice Cream Cup  | 26<br>Hot Turkey Sandwich<br>Mashed Potatoes/Gravy<br>Broccoli<br>Straw. Shortcake                                                      |
| 29<br>Broasted Chicken<br>Potato Supremes<br>Fudge Bar             | 30<br>Soft Shell Taco<br>Tater Tots w/Cheese<br>Cinnamon Streusel Cake                 |                                                                                                                      |                                                                   | <b>\$3.95 Salad Bar includes:<br/>Lettuce salad, 2 sides, roll,<br/>dessert &amp; ice water, coffee or<br/>tea. MILK IS \$.50 EXTRA</b> |

# Curtains Up Drama Group



We welcome Angela Storm as our new Drama Club member; it's great to have an additional face in the crowd. Our group is busy preparing for the April birthday party

and are very excited to share our new skit with you. Join us at 1 p.m. on Monday, April 8...you will be pleasantly surprised!

L. Baker

# Happy Hoofers Tap Dancers



WOW! Did you all get to Day of Dance to see how great the Center for Active Generation's dance groups performed? We should be so proud of our Center and to showcase what we do here.

The tappers entertained at the annual Nativity Church St. Pat's Salad Luncheon. This group is always ready to help with their talents inside and outside the Center. Jane and BJ are so appreciative of their willingness to tackle any chore that comes up. It seems no task is too big for this group!

BJ has started an extra time for beginners as well as anyone else who would like to come and practice. We are now meeting as usual on Mondays at 9:30 a.m. and noon Tuesdays in the

Multi-Purpose Room and for basics at noon on Fridays in the exercise room.

We not only are tap dancing these days, but perhaps many you have seen us marching around the room as well. We are having lots of fun learning something a bit different. With the next Fall Follies' theme we are finding many movie numbers to choose from and one number really calls for marching along. Of course there will be other surprises from this group this year I am sure.

*"Kids: They dance before they learn there is anything that is not music."*

*Why can't we all still be like kids?*

-BJ Heitzman

# COFFEE SHOP



I just realized that I must get this letter out for the paper. Most of you probably know I've been sick with some sort of virus; it really laid me out for a couple of weeks! But I find myself gradually getting back to normal. I want to thank everyone that stepped up and gave extra time to keep the coffee shop going while I was gone. I think this is the most time I have ever missed due to an illness!

This month we will be having a bake sale and several people have asked if they



could donate anything I use for baking. Sugar and flour are always needed (I like to buy them when they are on sale.)

Also, don't forget that after the 1st of May there will be no more soup on Thursdays (because it is GOLF TIME)! As always we have been having good days in the Coffee Shop and I thank you all for coming in!

- Marilyn Haller

# Round/Choreographed Ballroom Class

This group of dancers is amazing. They continue learning this new language and working the steps that go with the words and continue to smile! It's so fun seeing them progress and enjoying it as well. We have been dancing a little longer these days, and they don't seem to mind or tire of the challenges.

Our local round dance club is sponsoring a weekend of round dancing April 27-28 at the South Sioux City Eagles and would like to invite any of you to come and watch to see what fun and how pretty this type of dance is. We hope a few of our group will come and join us in dancing on Sunday afternoon. If you want any more information about this festival, please check with any of us.

*"There are two ways of being creative. One can sing and dance. Or one can create an environment in which singers and dancers flourish."*

BJ Heitzman



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**712-276-0050 • 1-800-710-0050**  
 Colette Hadden, MA CCC-A, Owner, clinical audiologist

**Wadzinski Eye Clinic**  
 2800 Pierce Street • Physician Center One  
 Suite #404 • Sioux City, IA 51104  
 Phone (712) 226-3937

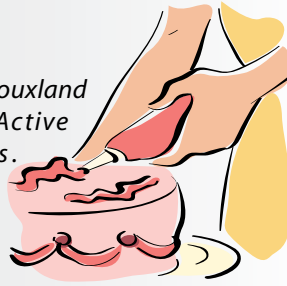
**CARPET CLEANING**  
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**Bernie's Lawn & Garden Center**  
 616 W. 7th St. • 712-258-3066  
 We Won't Wipe Out Your Bank Account. 

# April Bake Sale

In conjunction with our Senior Living Fair, we will be having a bake sale on Wednesday, April 17. This will go from 10 a.m. until 3 p.m., or until everything has sold. Marilyn will be baking the food herself; however she would appreciate donations of any ingredients she uses. The money generated from this bake sale goes

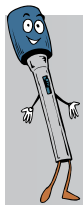
back to the Siouxland Center for Active Generations. Please support this event!



## Shred-tastic!

Check out the details of our shredding event to be held at the Siouxland Center for Active Generations from 11 a.m. to 1 p.m. on Monday, May 6. This event is sponsored by Siouxland Aging

Services; you may call them at (712) 279-6900 if you have any questions. \*Northern Hills will be serving refreshments for those having items shredded. We thank Siouxland Aging and Northern Hills for their support.



## Karaoke Fun

Ron Johme will be providing karaoke for us from noon to 2:30 p.m. on Wednesday, April 24 in the Multi-Purpose Room. Every month we see more and more members checking out the karaoke and coming back the following

month to enjoy it all over again. Ron enjoys sharing his love for music with his friends at the Siouxland Center for Active Generations. We are so grateful for the opportunity Ron has provided for us; whether we sing or sit and listen. Please join us!

## Breakfast

The Siouxland Center for Active Generations meal site will be serving a delicious breakfast from 8 - 9:00 a.m. on Wednesday, April 10. The cost will

be \$3.00 per person. Special thanks go to Chef Jeff Mueller and his staff for this great morning addition the past few months.

## April Quotes

*The April rain, the April rain,  
Comes slating in fitful showers,  
Then from the furrow shoots the grain,  
And banks are fledged with nestling  
flowers,  
And in the grew shawl and woodland*

*bower,  
The cuckoo through the April rain,  
Calls once again. - Mathilde Blind*

*Spring would not be Spring without the  
song bird songs - Francis M. Chapman*

## Old Age Quotes

Why do people talk of the horrors of old age? It's great. I feel like a fine old car with the parts gradually wearing out, but I'm not complaining,... Those who find growing old terrible are people who haven't done what they wanted with their lives.

*-Martha Gellhorn*

Forty is the old age of youth; fifty the youth of old age.

*- Victor Hugo*

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

## The Sweet Sound of Music

The Active Generations Chorus will reunite at 9 a.m. Wednesday, April 3, in the Music Room. They look forward to learning new music and preparing for their upcoming sing outs. They welcome any interested members.



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



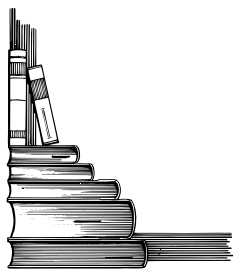
**Can you be a friend to someone in need?**

*Financial benefits available for Senior Companions.*

**Senior Companion Program  
4200 War Eagle Drive Sioux City, IA  
712-224-2610**

**Northern Hills**  
Retirement Community  
*We're All About You!*

4000 TETON TRACE  
SIOUX CITY, IA 51104  
PHONE 712.239.9400



# Library Notes



By the time you read this, we should have warmer weather and have had another book sale. I want to thank you for your support.

This month our Library Book Club is reading "Odd Thomas" by Dean Koontz. Our meeting will be at 10 a.m. April 4th in the Siouxland Center for Active Generations Library.

When in the Library, you may also pick up the latest copies of the "Shopper", "Weekender", "Wheels", etc.

See you in the Library!

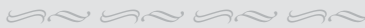
— Helen Eriksen

## Riddle \_\_\_\_\_

*"It walks on four legs in the morning, two legs at noon and three legs in the evening. What is it?"*

**Answer: Man (or woman)...crawls on all fours as a baby, walks on two legs**

**as an adult and uses two legs and a cane when they're old."**



**"What is the longest word in the dictionary"**

*(Answer in May's Sunshine News)*

## April Tom - Foolery

*No guesswork in this month who captures a smile then tightness her 'noose.'*

*Nearly chocking on pollen drifting here and there; hay-fever to spare, and those senior maladies all requiring constant care.*

*Easter's past and gone; no more bonnets with 'all the frills upon it.' yet there is the lingering lust for chocolates in a half-filled box.*

*She could have fooled us on the 1st; a day meant for teasing the straight and narrow and without saying, harbors her laughter most of all!*

*A verse from the pen of G.D.M.  
Creative Writers Class*

## Real ID Act

If you have been to your local Driver's License station to renew your driver's license (DL) or non-operator identification (ID) card within the last few years, you have noticed some changes. One of the more recent changes is how you receive the card. Beginning April 19, 2010 DL/ID cards were mailed to you, instead of you receiving them from your local office.

This change was in response to acts of terrorism committed against the United States, when Congress passed the REAL ID Act of 2005.

The REAL ID Act is implemented through federal regulations administered by the U.S. Department of Homeland Security (6 C.F.R. § 37, as amended by 76 FR 12269). The current federal regulations can be viewed at: [www.gpo.gov/fdsys/pkg/FR-2008-01-29/html/08-140.htm](http://www.gpo.gov/fdsys/pkg/FR-2008-01-29/html/08-140.htm) and [www.gpo.gov/fdsys/pkg/FR-2011-03-07/html/2011-5002.htm](http://www.gpo.gov/fdsys/pkg/FR-2011-03-07/html/2011-5002.htm).

In addition to HOW you obtain your DL/ID cards, changes are taking place regarding the standards for proof

of identity, date of birth, Social Security number, residence and lawful status or presence. This update to the standards will make the DL/ID acceptable for federal official purposes. Federal "official purposes" are defined as boarding federally regulated commercial aircraft, accessing federal facilities that require identification to enter and entering nuclear power plants.

If you have a valid DL/ID card, it will be accepted for federal official purposes until the individual compliance dates listed below.

- The **STATE** compliance date is January 15, 2013. Under current federal regulations, a DL/ID card issued by a state that is not compliant by this date may not be accepted for federal official purposes.
- The first **INDIVIDUAL** compliance date is December 1, 2014. On or after this date, a person born after December 1, 1964 must have a DL/ID card that is marked as being compliant with the REAL ID Act to use it for federal official purposes.

- The second **INDIVIDUAL** compliance date is December 1, 2017. On and after this date, a person born on or before December 1, 1964 must have a DL/ID card that is marked as being compliant with the REAL ID Act to use it for federal official purposes.

To assure, Iowans can continue to use their DL/ID cards for federal official purposes, the Iowa Department of Transportation will begin issuing cards with the compliant marking beginning January 15, 2013.

If you have a valid DL/ID card, it will be accepted for federal official purposes until the individual compliance date that affects you. December 1, 2014 for persons born after December 1, 1964 or December 1, 2017 for persons born on or before December 1, 1964.

**There is no need to rush out and get a REAL ID-marked card. The earliest you may need one is in 2014.**

*-Iowa Department of Transportation*



# APRIL DANCES

There will be a free dance at 1 p.m. on Friday, April 26, at the Siouxland Center for Active Generations. Terry and Three on the Road will be playing for this dance; come join us as we celebrate!

## Dance Price Changes

Beginning April 5 there will be an increase in the charge to attend the Friday dances. Band costs have increased and we will need to reflect that increase in our dance fees. Thank you for understanding.

*\*As a reminder...those who attend weekly, will save money by becoming members for a \$35 annual fee.*

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## *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:

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# APRIL BIRTHDAYS

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

1. Sharon Georgeson, Jeanette M. Hanson, Joyce Nelson, Wilma Siefker, Jon Wagoner.
2. IRMA EILERS, Donna Gordon, Monica Hudson, Janet Reese, Earl Shook
3. Donna Flammang, Janette Linden, ELLEN TROBAUGH.
4. Shirley Begnoche, Roger Harder, Cheri Joslin, Tom Nicolls, Betsy Riddell, Ruth Tarvin, Esther Trobaugh.
5. Don Horsted, Ronald Hurd, Jane Pollard, James Wiggs, Paul Wood.
6. Cleo Begnoche, Richard Boyle, Doris Hopkins, LaVerne Riediger.
7. Nancy Boysen, Florence Doran, Marvin Edmunds, Mavis Klein, Donna Marsh, Ruth Ann Peterson, Robert Richter, Gene Windeshausen, Harlan Woolworth.
8. Marlene Hansen, Janice Nagel, William Thompson, Ray Keuck.
9. Linda Schmitz
10. Beatrice Beglau, Dianne Bertrand, Wanda Hamel, Caroline Mace, Carl Hardy.
11. Carol J. Nelson.
12. Jack J.Dam, Luella Idso, Barbara Redmond, George Smith
13. Roni Burns, Sheryl D'Agostino, Barbara Frey, Leo Hammond, Sandy Townsend, Myrene Vaudt, Brenda Timm
14. Terry Burns, Ray Isaacson, Lila Wheelen.
15. Fern Damrau, Dale Schiltz, Sharon Starkey, Eldon Thompson, Judy Zoeller.
16. Mary Anne Deibert, Jeanie Dunbar, Sandra Fry, JoAnn Hirschman, Betty Mahr, David Napier, Sharyn Volk
17. Terrie Rasheed.
18. WESLEY GOODWIN, Alice Marquardt, Don Phipps, Carolyn Schultz, Marilyn Woolridge.
19. Mary Ann Audino, Jeannie Grimes, Paula Hanson, Bonnie Johnson, Jane Schweer.
20. Carol Larson, Wanda Nelson, DARRELL STRONG, Dennis Wolf.
21. Mary Lou Burns, Frank Yorke.
22. Betty Pettit.
23. Donna Carstensen, Darlene Coulson, FRANCES GARD, Jerry Huldeen.
24. Angela Bennett, IRENE GOODWIN, Darrell Grubel, Cecilia Hutton, Frank Pope.
25. Charlotte Collins, Agnes Deal, GENEVA KING, CLARICE NIELSEN, Charles Hagel, Patricia Martin, Sally Anne Sanchez, Deon Schellinger
26. Susan Elgert, Madeline Fowler, Shirley J Hodges, Diana Kincaid, Robert Thoma.
27. Francis Bennett, Alice England, Lynette Fey, Helen Forde, Marian Morehead
28. Jeannette Beekman, Donna Drea, Evyonne Hansen, Franklin Morse, Carolyn Wolf.
29. Bartola Enright
30. Ann Hand, Phyllis Lewis, Charles Persinger, Evey Thompson.

## NEW MEMBERS

February 14 – March 13

- |               |               |
|---------------|---------------|
| Dennis Fowler | Robert Boyd   |
| Reveka Avory  | Elanor Whear  |
| Angela Storm  | Harold Hodges |
| Claryce Evans | Carolyn Wolf  |

## WE REMEMBER

February 14 – March 13

- Sharon Glynn  
Gene Ashmore  
Helen Delay

## NEW LIFETIME

- Susan Peete  
Linda Peete - Flom

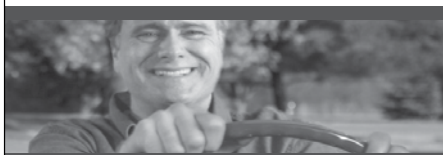
## Prescription Questions

If you have medication questions please attend the discussion at 12:30 p.m. on Tuesday, April 9. This will take place in the Conference Room. Mercy pharmacist, Sara, will be discussing, "How to Talk to Your Doctor About Your Medications."

## Like us on Facebook

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.sioxlandseniorcenter.com](http://www.sioxlandseniorcenter.com)

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**DEADLINE: Please turn items in on, or before April 8th so they can be included in the May 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

## February

*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: Jean Beller: Kris Bergstrom: Rodney Brandhagen: Cleo Brehm: Dolores Carey: Miriam Clayton: Alice Coppock: Kathleen Determann: Agnes Donovan: Sandy Fravel: Rose Gilson: Sandra Graser: Howard Graves: Virginia Gries: Marilyn Haller: Virginia Hamner: John Hartnett: Don Hartman: Arlene Held: Vernon Hughes: Robert Hansen: Constance Hansen: Arvin Jacobsma: Pat Jacobsma: Robert Jaynes: Dick Johnson: Burleigh Jurgensen: Sally Kimball: Mary Knudsen: Alyce Konold:

Donna Krohn: Carol Larson: Art Lindell: Marlene Lindell: Janette Linden: Lois Mahr: Eric Reed: Mike Mullen: Joanne Peters: Betty Pierce: George Polak: Gloria Ryan: Dee Sachau: Mabel Saleh: Mary Sievers: Don Schultz: Marilyn Schultz: Margaret Sopoci: Maureen Tague: Clifford Tague: Rosalee Taylor: Mercedes Tilton: Jon Wagoner: Arlene White: Pat Windeshausen: Gayle Zeman