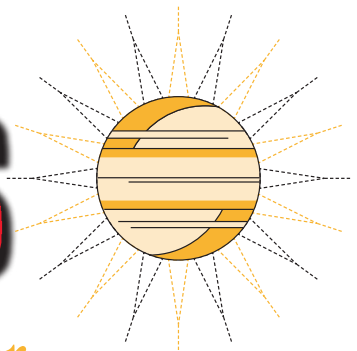


JULY 2015 SUNSHINE NEWS



Telephone | Number | Published
712-255-1729 | 447 | Monthly

Siouxland Center
for Active Generations



"Where liberty dwells, there is my country"
- Benjamin Franklin

Volunteer of the Month Sonja Erickson



Congratulations to Sonja Erickson, July's Volunteer of the Month here at the Siouxland Center for Active Generations. Sonja has been a member since 2005 and has enjoyed being a part of the Siouxland Center. Sonja enjoys coming in on Tuesday & Thursday mornings at 8:30 where Sonja has volunteered calling Bingo with her fellow friends at Penny Bingo. Sonja shares that she caught on to the game of Bingo and has loved it ever since. She shares that Bingo is a lot of fun here at the Center where we celebrate with lots of holiday potlucks and everyone there is always so friendly with lots of fun stories to share. Sonja also enjoys eating in the meal-site and shares that her favorite meal is of course the Famous Broasted Chicken dinners that we get here at the Siouxland Center. Sonja always has a smile and a friendly story to share with our members and we always love her fun spirit and energy! Thank you so much Sonja for making such a big difference here at the Siouxland Center for Active Generations.

- Deb Poss/Activities

★ ★ ★ Celebration Pause ★ ★ ★

Growing up in a patriotic family and area, the Fourth of July always has provided the opportunity of truly celebrating our country!

When we reflect, it really meant everything that John Adams hoped it would mean when he wrote that it should be celebrated with "pop, parades and fireworks."

We are so very blessed to live in a land of freedom and opportunity where common folks can govern themselves...so pause a moment, if you will, to give thanks when you enjoy your picnic barbecue!

- By the Editor

MHRD Grant Received

On May 14 the Siouxland Center for Active Generations was awarded a \$10,000 grant from Missouri River Historical Development, Inc. (MRHD). This grant money will be used for an expansion and update of the Fitness Room. We thank MRHD for this grant and know that this change will be appreciated by the 600+ members using this room on a monthly basis.

**More details will follow as the renovation dates are determined.*



Kerry Ruehle, Executive Director, receiving \$10,000 check from Mark Monson, MRHD President

Great Gift Idea

Need a gift idea for that hard to shop for friend, spouse, or relative? Have you ever thought of purchasing (or renewing) a membership for them? For only \$40 you will be giving them a gift they can use five days a week, from 8 a.m. - 4:30 p.m.

At less than \$.16 day; that's a bargain and a great gift idea for that special someone!

Thank You

I would like to thank Jeff Loffswold and Bill Mrla for their help recently with replacing the weather stripping on the front doors. This was a much needed repair and we are greatly appreciative of their time.

- Kerry Ruehle, Executive Director

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

**Chairperson,
Board of Directors**
Kevin Grieme

Executive Director
Kerry Ruehle

Activities Coordinator
Deb Poss

Membership Coordinator
Bruce Fey

Secretary
Pat Bornhoft

Editor
Robert R. Hansen



Annual Dues — \$40 per Person
Lifetime Dues — \$400 per Person

Price of Advertisement
\$12 per column inch

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



Senior Helpmate Program
Sioux City — 712-276-1075

Dianna Pike
Program Coordinator

Pam Stephan to add Self Defense classes to her busy Exercise Schedule



Pam is now a few months into her exercise classes here at the Siouxland Center for Active Generations. *She will be adding **SELF DEFENSE** classes to her exercise times.* Pam is happy to share the following Exercise Schedule:

Monday @ 9:45 - 10:45 a.m...... Tai Chi Review Class
Monday @ 1:30 - 2:30 p.m...... 1st & 3rd Monday's Belly Dancing & Core Exercise Class

Monday @ 1:30 - 2:30 p.m...... 2nd & 4th Monday's Self-Defense Class & 5th Monday she will split the class half with Belly Dancing and half with Self-Defense techniques.

Tuesday @ 10:45 - 11:45 a.m...... Tai Chi – Beginner Class
Tuesday @ 11:45 a.m. - 12:45 p.m...... Adaptive Aerobics Class

Thanks Pam for all you do to keep us in shape while having fun!

- Deb Poss/Activities

SHELLY'S 2x4 Timber Art

We had a great time in June making 4th of July firecrackers out of 2x4 timber. What fun!!!! This next month on the 1st of July we will be having at 10:30 a.m. in the Conference Room a talk about making a Gnome Garden and then break for lunch and at 12:30 p.m. come back in the Conference Room to make the Gnome Home that you see here ...

**GNOME GARDENS ARE SO POPULAR
RIGHT NOW...COME JOIN US!**

- Deb Poss/Activities



 Like us on
Facebook

[facebook.com/SiouxlandSeniorCenter](https://www.facebook.com/SiouxlandSeniorCenter)

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

We Care.

Come See Our New Sunrise!



- Medicare Rehab
- Memory Care
- Assisted Living
- Skilled Nursing
- Independent Living
- Private Rooms
- Chapel • Beautiful Gardens
- Community Life Center
- Community Park



SUNRISE

Senior Living Choices for You

5501 Gordon Drive • Sioux City, IA 51106
712.276.3821 ext. 3100
www.sunriseretirement.com

Siouxland's only Community-based, not-for-profit retirement community caring for seniors since 1959.

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 May. We thank them for their thoughtfulness.

Jeff Loffswold	Paul Swanson	Joyce Vanderlinden	Kyongae Hanshaw
Coleen Loffswold	Joanne Peters	Miriam Clayton	Marie Scheffer
George Polack	Charles Persinger	Donna Johnson	Ann Hand
Kris Bergstrom	Sharon Hanneman	Connie Bean	Ron Smith
Kathy Anders	Elaine McCuddin	Jan Nelson	Norma Ulmer
Merlin Olson	Normagene Hughes	Ron McKewon	Rosejean Smith
Lyle Todd	Mae Barron	Milo Hagen	Sheryl Sextro
Audrey Ercolini	Marlis Friesner	Richard McArthur	Doug Kelsey
Toots Pittman	Cheyenne Baker	Sandra Merritt	Judith Crane
Phyllis Lewis	Lois Mahr	Joyce Kaiser	Jon Wagoner
Evey Thompson	Kathleen Determann	Jane Henderson	Mary Galloway
Ruth Staben	Dianna Pike	Helen Bundy	Grace Wagoner
Judy Rehurek	Lenore Wingert	Pearl Voss	Marilyn Haller
Elaine Ahlwardt	Ellen Christofferson	Wanda Coan	

Switch to

LOCAL BANKING



SECURITY NATIONAL BANK
SIoux CITY • AKRON • MAPLETON MEMBER FDIC

712-277-6500 | www.snonline.com

Husqvarna VIKING

Granny's Stitches

with **Viking**

**We Now Carry Fabric & Notions
Sewing Machine Repair**



3806 Floyd Blvd., Bldg. 2
Sioux City, IA 51108
(712) 239-0457

"Where Quality Counts"

PRESTIGE

Collision Repair Centers

Two Locations:

508 West 7th
Sioux City, IA 51103
712-258-1653

3929 Prestige Blvd.
Sioux City, IA
712-234-1975



4267 Sergeant Road

Grocery • 276-1873

Meat • 276-8956

Have you considered leaving a legacy?



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

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

We appreciate your consideration!

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

Remember the Senior Center

The next time you sit down with your attorney to prepare or revise your will, remember the Siouxland Center for Active Generations. By naming the Siouxland Center for Active Generations Investment Fund as a beneficiary, you will assure the long-term existence of the Center.

Your friends will appreciate your thoughtfulness.

I want to help... by enclosing \$_____ to assure the long-term existence of the Siouxland Center for Active Generations. Enclosed is my tax-deductible check payable to the:

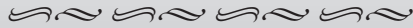
Siouxland Center for Active Generations Investment Fund
 313 Cook Street • Sioux City, Iowa 51103

Name _____

Address _____

Enter 90

There are two members who join the Enter 90 group in July at the Siouxland Center for Active Generations. They are Josie Flagg 7/20 and Robert Irwin 7/18.



Other July notable birthdays include Joe Gross, Stanley Swanson, Adele Wood, Vivian Kamm, Lois Chartier, Robert Derflinger, Lucille Burkett and Norris Potts.
Birthday congratulations to all.

Mondays at the Movies July 2015

Note time changes

Monday, July 6, – 12:30 p.m. – “ANNIE”

Monday, July 13, – 1 p.m. – JULY BIRTHDAY PARTY

Host: The Center Stage Tappers

Entertainment: Ron McKewon

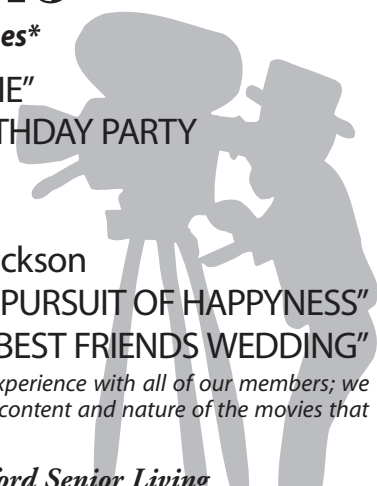
Volunteer of the Month - Sonja Erickson

Monday, July 20 – 12:30 p.m. – “THE PURSUIT OF HAPPYNESS”

Monday, July 27 – 12:30 p.m. – “MY BEST FRIENDS WEDDING”

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

Movie Popcorn Courtesy of Bickford Senior Living



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 Trivium Avenue
Sioux City, IA 51103
Open Daily: 8:00 a.m. – 4:00 p.m.**

Riddle

“If a farmer has 5 haystacks in one field and 4 haystacks in another field how many haystacks would he have if he combined them all in one field?”

Answer: If he combines all of his haystacks, they all become one big one.

FOULK BROS. PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388

If you're experiencing the following symptoms, please make an appointment with Physicians Vein Clinics for your **FREE SCREENING**:

- Leg aching
- Heaviness
- Muscle cramping
- Leg fatigue
- Restless Legs Syndrome
- Ankle swelling
- Itching and burning
- Skin discoloration

PHYSICIANS
Vein Clinics
Local physicians. Regional leaders.



712-224-3662 » 1-800-VEIN-DOC » www.physiciansveinclinics.com
1119 4th Street, Suite 102, Sioux City, IA 51101

**FREE
SCREENING
CALL TODAY!**



LEWIS ELECTRIC CO.

2424 E. 5th Street
Estimates Gladly Given
Ph. 252-2785

AMERICAN

Home Health Care Co.

“Products you need, from the people you know.”

SALES • RENTALS • REPAIRS

Free Delivery & Set-Up

- Hospital Beds
- Wheelchairs
- 3-wheel scooters
- Patient lift chairs
- Ostomy supplies
- Oxygen
- Breast prosthesis
- Commodes
- Bath equipment
- Diabetic shoes
- Electric beds
- Much more

214 W. 7th Street • 800-217-2275

712-277-2273

Answered 24 hours a day

SUTER

C.W. SUTER SERVICES

Service that Suits You!

Heating & Cooling

We Service All Makes

Duct Cleaning

FREE Estimates

24 Hour Service

LENNOX

Call 252-3007 or visit us online at www.cwsuter.com

July Creative Writing Themes



"DO YOU HAVE A STORY TO TELL?"

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

CREATIVE WRITING STORY TELLING THEMES

July 7th..... July 4th

July 14th..... Summer Vacations

July 21st Class Reunions

July 28th Favorite Junk Food



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."

Fun Facts About Nurses:

1. Nursing is one of the fastest growing professions in the U.S.
2. Of all students in health professions, 1/2 of them are studying nursing.
3. There are 5.5 million nurses & nurse aides in the U.S., five times the size of the US Army.
4. There are FOUR times as many nurses as doctors.
5. With the rise in the number of elderly people & the fall of number of nurses, nurses have their pick of great jobs and great schools.

- Alice Reeg, Creative Writing



Library Notes



We would like to remember Jean Beller. She was such a good friend, a valued volunteer here in the Siouxland Center for Active generations Library and she will be greatly missed.

Our Book club choice for July is "The Invention of Wing" by Sue Monk Kidd. We will meet in the Library Thursday, July 2nd at 10 a.m. Please join us. We would also like to ask if you have any collections or hobbies you would like to display in the Library. Please stop in and talk to us.

Also thank you to everyone who has helped with the Book sale, by working or donating books, you are very much appreciated. *Happy 4th of July!*

See you in the Library
-Helen Eriksen

Mayvn Rehabilitation at Countryside Senior Living

Occupational Therapy ~ Physical Therapy ~ Speech Therapy

A Personal Rehab Team works with you to develop a treatment plan to meet your goals!
Outpatient & Inpatient therapy provided by qualified, caring therapists.

Countryside Senior Living
6120 Morningside Ave. Sioux City, IA 51106
712-276-3000

"A Step Beyond"

Christy-Smith Funeral Home After Care Support

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.



See you in the GIFT SHOPPE!



Christmas in July is fast approaching...Look for many BIG holiday DEALS! We have saved the space - for saving these fine items for you all to get some great Christmas items purchased in July before the Christmas rush.

- Miriam Clayton



PERKINS
Office Solutions
255-8892

CARPET CLEANING
Carpet ★ Upholstery ★ Drapery
• One Call Cleans Them All
• Complete Home Cleaning
• Insurance Specialists
274-2416

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

June Yearly Membership Anniversaries

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

BRIDGET M AGRIPOULOS
RENATE AMES
JUDITH E (JUDY) ASHLEY
BETTY LOU BAKER
KEN C BAKER
NOVALINE PEARL BLIVEN
SHERYL FAYE BOYD
CLARA M BRANCH
GEORGIA M BRAYMAN
HARRY G BRIDGETT
DYANNE F BROVEAK
RUTH OLSON BROWN
KATHYY (KATHRYN) BRUYERE
ALICE MILDRED CARD
EDITH CASADAY
LINDA SUE CUMPTON
LINDA LEE DEABLER
BRENDA DEANDA
DAVID H DECORA
MARION D DEJONG
SHARON L DEJONG
DAWN D DOUGLAS
DOROTHEA L EICKHOLT
HELEN J ERIKSEN
BILLIE (WILMA) ERSKINE
MARY M FORNEY
KENNETH L FREDRICKSON

CARTER LEE GARDNER
ROBERT M GAUL
RENATE H GELLATLY
PAT J GRAVES
LYNN A GROSS
MELISSA L HALEY
ELIZABETH (BETTY) HARRISON
RONDA E HILDEBRAND
BARBARA HORDAHL
SANDRA K HORTON
NORMAGENE P HUGHES
VERNON HUGHES
BONNIE M HURLEY
CAROL L JAMES
PATRICIA A JOHNSON
KATHERINE M JOHNSON
MONA R (RAMONA) KELLY
DARLENE J KILBERG
GENEVA F KING
DEON WILMA KNAPP
CAREN K KOUNKEL
WAYNE H KROGER
MARY ANN KROMMENHOEK
RODNEY (ROD) KUCHTA
EUGENE DALE KUDERA
GERALD DEWAYNE LENZ
GARY A LIPSHUTZ

DONNA R LOKER
BETTY MAHR
VIRGINIA L MARTIN
MARY E MARX
ELAINE A MCCUDDIN
CHARLENE R MICKEY
PAT R MITCHELL
MARGO MITCHELL-WILCOX
ELIZABETH ANN MOGLER
JERRY L MURRAY
ELIZABETH M (BETTY)
MURTHA
MARSHA L NEFF
DONA B O'GARA
SUE (WILLIE) OLSON
JACQUELINE OSTERHOLT
CHRISTEN JOSEPHINE PALMER
HILDA M PEARSON
JUDY J PETERSON
SHERRY ANN RATCLIFF
WES K RATCLIFF
ALINA REED
JUDY ANN REHUREK
LAVERNE RIEDIGER
J DOUGLAS ROBBINS
SONNIE K ROBBINS
MARIA E RUNDQUIST

JANICE E RYAN
KATELYN J RYAN
BETTY L SCHWERIN
ANNA MAE J SITZMANN
ROSEJEAN V SMITH
LAWRENCE D SOENS
KARL R STABEN
CAROLINE J STAFFORD
THOMAS LEROY STEVENS
JOHN M STEWART
PAUL A SWANSON
FLORENCE E TAPLEY
RUTH TARVIN
THELMA A TIMMINS
JIM W TYMKOWICZ
EUGENE E ULMER
NORMA J ULMER
MAXINE VAN KLOMPENBURG
ROGER H VAN KLOMPENBURG
PAULA A WARP
LARRY Y WATSON
DAN V WEAKLEY
DENNIS WELTE
VERNA L WELTE
KAREN A YOUNG
MARY ANN YOUNIE
SCOTT R YOUNI

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



JONES
EYE CLINIC

- Cataract Surgery
- Cosmetic Surgery
- Glaucoma
- Retina Diagnosis

"Working without bifocal glasses is just a joy. I'm looking forward to golfing and hunting this summer." -Robert H.
Multi-focal Implant Patient

Eye Care Experts • www.joneseye.com • 712.239.3937 • 800.334.2015

Making Potato Jewelry with Pat Taylor of The Floyd House

We are so excited to share that our potato jewelry designer (Pat Taylor of The Floyd House), will be here on Thursdays - July 9th, 23rd & 30th to make beautiful potato jewelry. All sessions will be in the Craft room. The first session will have us preparing the potatoes for jewelry and they need to cure/dry out for 2 weeks before we continue on with the project. Please bring 2 Russet potatoes, your own acrylic paint you wish to paint your jewelry with & jewelry beads and any other bling pieces & embellishments you wish to add to create your own personal jewelry with. We want to thank Pat & Lindsey of The Floyd House for saying YES to me — when I asked them to bring back this wonderful project! We are all looking forward to it!

- Deb Poss/Activities



Consumer Advisory *by Iowa Attorney General Tom Miller* ***Criminals Call Iowa Businesses, Threaten to Cut Power***

In telephone scam, callers seek immediate payment through prepaid debit cards

Businesses across Iowa are reporting that criminals claiming to represent their local power company are calling and threatening to shut off their electricity unless they make immediate payment through a prepaid debit card.

“Over the past several days we have received a surge of reports of this scam, and so, too, have Iowa utility companies,” Attorney General Tom Miller said. “Anyone who takes a call like this should hang up. Unfortunately, some businesses have paid money to these criminals fearing that they were about to lose power and, as a result, business.”

In this scam, a caller claims that the call recipient owes the utility company an overdue balance, and must make an “electronic payment” within a matter of hours or the company will shut off the recipient’s power. The caller directs the recipient to go to a local store that sells reloadable debit cards, such as a Green Dot prepaid debit card. Once the recipient obtains the money card and loads it with funds, the caller requests a card number and obtains the funds.

“This scam is not unique to Iowa—it’s occurring nationwide,” Miller noted. “Currently we’re seeing a significant jump in the number of scam reports across Iowa,” he added. “The best that we

can hope for is that Iowans get the word to hang up the phone when they answer a call like this.”

Criminals generally operate this type of scam from foreign countries. They manipulate caller-ID devices, called “spoofing,” to appear as if their calls originate from the local utility company. If they successfully obtain a payment through a prepaid debit card, it is often impossible to recover the lost funds.

General Advice

If you get a call from someone who claims they are collecting on behalf of your local utility—even if a caller ID device shows the utility—hang up.

Utilities do not demand immediate payment via prepaid debit cards and threaten immediate disconnection.

Do not provide or confirm personal information or financial information to anyone who calls.

To confirm your account status with your utility, call the company using the number listed on your monthly utility bill, phone book or known website. Do not call the number listed on your caller ID.

You do not need to report the scam if you receive a call. However, if you lost money through the scam, report it to your local police department or sheriff’s office.

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).

Join the **Royalty Club...**

- Travel and Social Opportunities
- Bank specials for club members

IOWA - NEBRASKA STATE BANK

2021 Dakota Ave., So. Sioux City 402-494-4225
 2401 Hamilton Blvd., Sioux City 712-252-3256
 3410 Singing Hills Blvd., Sioux City 712-252-3700
 3119 Floyd Blvd., Sioux City 712-239-3033



www.iowa-nebraskastatebank.com



8:30 am Exercise Plus 50
 9:00 am Wii Bowling
 9:30 am Strength Class
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am Duplicate Bridge
 11:30 am-12:30 pm Lunch
 1:00 pm BIRTHDAY PARTY
 Entertainment by: Ron McKewon
 Hosts The Center Stage Tappers
 Volunteer of the Month—
 Sonia Erickson
 1:00 pm American Mah Jong
 1:00 pm Pinochle
 1:30 pm Woodcarving
 1:30 pm Self-Defense Class
 2:30 pm Fitness with Kelly



9:00 am Senior Yoga
 9:40 am Mexican Language/Culture
 9:50 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:00 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Painting Class
 1:40 pm Pitch
 2:00 pm Ping Pong

20

8:30 am Yoga with Suzi
 8:30 am Exercise Plus 50
 9:30 am Wii Bowling
 9:30 am Strength Class
 9:30 am Tap Class
 9:45 am Review Tai Chi Class
 10:00 am Knitting & Crocheting
 11:30 am Duplicate Bridge
 11:30 am-12:30 pm Lunch
 12:30 pm Movie
 “The Pursuit of Happiness”
 1:00 pm American Mah Jong
 1:00 pm Pinochle
 1:00 pm Woodcarving
 1:30 pm Belly Dancing Class & Core
 Exercise Class
 2:00 pm Super Strong Seniors with Kelly:
 Sponsored by The Heritage of
 Northern Hills



21

8:30 am Penny Bingo
 8:30 am AARP—Smart Driving Class
 9:00 am Senior Yoga
 9:00 am Mexican Language/Culture
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:00 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Painting Class
 1:40 pm Pitch
 2:00 pm Ping Pong

28

8:30 am Penny Bingo
 9:00 am Senior Yoga
 9:00 am Mexican Language/Culture
 9:30 am Painting Class
 10:00 am Creative Writing
 10:00 am Walking Off Pounds
 10:30 am Crafts with Betty
 10:45 am Beginning Tai Chi Class
 11:30 am-12:30 pm Lunch
 11:45 am Adaptive Aerobics
 12:00 pm Tap Class
 12:30 pm Penny Bingo
 1:00 pm Painting Class
 1:40 pm Pitch
 2:00 pm Ping Pong



9:00 am Intermediate Spanish
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 10:00 am Chess Group
 10:00 am Marilyn’s Tap
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 “Podiatry Services” w/Kristin & Tami
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 12:00 pm Choreographed Ballroom
 12:30 pm Bridge
 1:00 pm Painting Class
 1:00 pm Pinochle
 1:40 pm Scrabble
 1:40 pm 500
 2:40 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills (treats)

22

9:00 am Chorus
 9:00 am Intermediate Spanish
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 9:30 am Novice Dup. Bridge Game
 10:00 am Chess Group
 10:00 am Marilyn’s Tap
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 “Bellone & Regency Square Ear” Pre-Screenings”
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 12:00 pm Choreographed Ballroom
 12:30 pm Bridge
 1:00 pm Painting Class
 1:40 pm Scrabble
 1:40 pm 500
 2:40 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills

29 Patriotic Sing-A-Long

9:00 am Chorus
 9:00 am Intermediate Spanish
 9:00 am Yoga w/Dixie of Recover Health
 9:00 am Novice Dup. Bridge Game
 9:30 am Painting Class
 9:30 am Novice Dup. Bridge Game
 10:00 am Chess Group
 10:00 am Marilyn’s Tap
 10:00 am Sexy & Fit after 40
 10:30 am Talk Show
 “Healthy Eating & Healthy Living Video”
 10:45 am Guitar Practice
 11:00 am Drama Group
 11:30 am-12:30 pm Lunch
 12:00 pm Choreographed Ballroom
 12:30 pm Bridge
 1:00 pm Painting Class
 1:40 pm Scrabble
 1:40 pm 500
 2:40 pm 1 Mile Walk Warm Up
 3:00 pm Fitness with Kelly, sponsored by
 The Heritage of Northern Hills

8:45 am Beg. 1 Line Dance
 9:00 am Yoga
 9:00 am Beginning Bridge lessons (Chancy)
 9:30 am Drum Circle
 9:45 am Beg. 2 Line Dance
 10:00 am Walking Off the Pounds
 10:40 am Library Book Club
 10:40 am Men’s Club
 10:40 am Intermediate German
 11:00 am Beginning German
 11:30 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Bridge Lessons (Ercolin)
 12:30 pm Canasta
 1:00 pm Men’s & Women’s Social Group
 1:00 pm “Come & Go” Bridge
 1:00 pm Inter. Line Dance
 1:00 pm Woodcarving
 1:00 pm Bridge Group
 1:00 pm Chibbage
 1:00 pm Ping Pong
 2:00 pm Ping Pong
 3:00 pm Chibbage Lessons

23 Potato Jewelry 11-12

8:30 am Penny Bingo
 8:45 am Beg. 1 Line Dance
 9:00 am Yoga
 9:00 am Beginning Bridge lessons (Chancy)
 9:30 am Drum Circle
 9:45 am Beg. 2 Line Dance
 10:00 am Walking Off the Pounds
 10:40 am Men’s Club
 10:40 am Intermediate German
 11:00 am Beginning German
 11:40 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Bridge Lessons (Ercolin)
 1:00 pm Men’s & Women’s Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Woodcarving
 1:00 pm Bridge Group
 1:00 pm Chibbage
 2:00 pm Ping Pong
 3:00 pm Chibbage Lessons

30

8:30 am Penny Bingo
 8:45 am Beg. 1 Line Dance
 9:00 am Yoga
 9:00 am Beginning Bridge lessons (Chancy)
 9:30 am Drum Circle
 9:45 am Beg. 2 Line Dance
 10:00 am Walking Off the Pounds
 10:40 am Men’s Club
 10:40 am Intermediate German
 11:00 am Beginning German
 11:40 am Advanced Line Dance
 11:30 am-12:30 pm Lunch
 12:30 pm Bridge Lessons (Ercolin)
 1:00 pm Men’s & Women’s Social Group
 1:00 pm Inter. Line Dance
 1:00 pm Woodcarving
 1:00 pm Bridge Group
 1:00 pm Chibbage
 2:00 pm Ping Pong
 3:00 pm Chibbage Lessons

9:30 am Wii Bowling Lessons
 9:30 am Fitness w/ Dixie of Recover Health
 10:00 am Beginners Ping Pong
 10:00 am Blood Pressure/St. Luke’s
 10:30 am Women’s Pool Shooting Class
 11:15 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 1:00 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Scrabble
 1:00 pm Friday Dance—BJ’s Birthday Dance
 “Shirley’s Big Band”



24

8:30 am Exercise Plus 50
 9:30 am Wii Bowling Lessons
 9:30 am Fitness w/ Dixie of Recover Health
 10:00 am Beginners Ping Pong
 10:00 am Blood Pressure/Merley
 10:40 am Card Design Class
 10:30 am Women’s Pool Shooting Class
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 1:00 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Scrabble
 1:00 pm Friday Dance
 “Country Brew”



31

8:30 am Exercise Plus 50
 9:30 am Wii Bowling Lessons
 9:30 am Fitness w/ Dixie of Recover Health
 10:00 am Beginners Ping Pong
 10:00 am Blood Pressure/CountySide
 10:40 am Card Design Class
 10:30 am Women’s Pool Shooting Class
 11:30 am-12:30 pm Lunch
 12:00 pm Basic Tap
 12:00 pm Bridge Group
 1:00 pm Open Craft Time
 1:00 pm Bridge
 1:00 pm 500
 1:00 pm Scrabble
 1:00 pm Friday Dance
 “The Velare’s”



July 2015



gildedwings.com

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

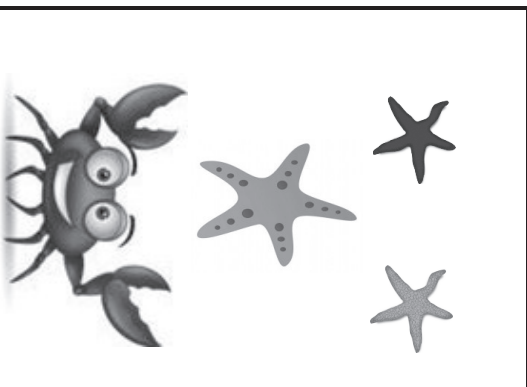
Monday

Tuesday

Wednesday

Thursday

Friday



1 Shelly's 2x4 Timber Art
9:00 am Chorus
9:00 am Intermediate Spanish
9:00 am Yoga w/Dixie of Recover Health
9:30 am Novice Dap, Bridge Game
9:30 am Painting Class
10:00 am Chess Group
10:00 am Marilyn's Tap
10:00 am Sexy & Fit after 40
10:30 am Talk Show
"Shelly's 2x4 Timber Art" Gnome House
10:45 am Guitar Practice
11:00 am Drama Group
11:30 am-12:30 pm Lunch
12:00 pm Choreographed Ballroom
12:30 pm Making your 2x4 Timber
12:30 pm Bridge
1:00 pm Painting Class
1:00 pm Scrabble
1:00 pm 500
2:40 pm 1 Mile Walk Warm Up
3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills

2
8:30 am Penny Bingo
8:45 am Beg. 1 Line Dance
9:00 am Yoga
9:00 am Beginning Bridge lessons (Charney)
9:30 am Drum Circle
9:45 am Beg. 2 Line Dance
10:00 am Walking off the Pounds
10:00 am Library Book Club
10:00 am Men's Club
10:00 am Intermediate German
11:00 am Beginning German
11:00 am Advanced Line Dance
11:30 am-12:30 pm Lunch
12:00 pm Chinese Classic Mah Jong
12:30 pm Bridge Lessons (Ercolim)
12:30 pm Canasta
1:00 pm Men's & Women's Social Group
1:00 pm "Come & Go" Bridge
1:00 pm Inter. Line Dance
1:00 pm Woodcarving
1:00 pm Bridge Group
1:00 pm Cribbage
2:00 pm Ping Pong
3:00 pm Cribbage Lessons



3
CLOSED
HAPPY 4TH OF JULY

6
8:30 am Yoga with Suzi
8:30 am Exercise Plus 50
9:30 am Wii Bowling
9:30 am Strength Class
9:30 am Tap Class
9:45 am Review Tai Chi Class
10:00 am Knitting & Crocheting
10:30 am Talk Show
11:30 am Duplicate Bridge
11:30 am-12:30 pm Lunch
12:30 pm Movie
"Annie"
1:00 pm American Mah Jong
1:00 pm Pinochle
1:30 pm Woodcarving
1:30 pm Belly Dancing & Core Exercise Class
2:00 pm Super Strong Seniors with Kelly: Sponsored by The Heritage of Northern Hills (treats)

7
8:30 am Penny Bingo
9:00 am Senior Yoga
9:00 am Mexican Language/Culture
9:30 am Painting Class
10:00 am Creative Writing
10:00 am Walking Off Pounds
10:45 am Beginning Tai Chi Class
11:30 am-12:30 pm Lunch
11:45 am Adaptive Aerobics
12:00 pm Tap Class
12:30 pm Penny Bingo
1:00 pm Painting Class
1:00 pm Pitch
2:00 pm Ping Pong

8
9:00 am Chorus
9:00 am Intermediate Spanish
9:00 am Yoga w/Dixie of Recover Health
9:00 am Novice Dap, Bridge Game
9:30 am Painting Class
10:00 am Chess Group
10:00 am Marilyn's Tap
10:00 am Sexy & Fit after 40
10:30 am Talk Show
"Balance Class with Regency" Risk and Prevention
10:45 am Guitar Practice
11:00 am Diana Group
11:30 am-12:30 pm Lunch
12:00 pm Choreographed Ballroom
12:30 pm Bridge
1:00 pm Painting Class
1:00 pm Scrabble
1:00 pm 500
2:40 pm 1 Mile Walk Warm Up
3:00 pm Fitness with Kelly, sponsored by The Heritage of Northern Hills

9 Potato Jewelry 11-12
8:30 am Penny Bingo
8:45 am Beg. 1 Line Dance
9:00 am Yoga
9:00 am Beginning Bridge lessons (Charney)
9:30 am Drum Circle
9:45 am Beg. 2 Line Dance
10:00 am Walking Off the Pounds
10:00 am Men's Club
10:00 am Intermediate German
11:00 am Beginning German
11:00 am Advanced Line Dance
11:00 am Potato Jewelry
11:30 am-12:30 pm Lunch
12:30 pm Bridge Lessons (Ercolim)
12:30 pm Canasta
1:00 pm Men's & Women's Social Group
1:00 pm "Come & Go Bridge"
1:00 pm Inter. Line Dance
1:00 pm Woodcarving
1:00 pm Bridge Group
1:00 pm Cribbage
2:00 pm Ping Pong
3:00 pm Cribbage Lessons

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



13
8:30 am Yoga with Suzi

14
8:30 am Penny Bingo

15
9:00 am Chorus

16
8:30 am Penny Bingo

17
8:30 am Exercise Plus 50

**Siouxland Center for Active Generations
Central Catering**







Serving 11:30-12:30 Carry Outs Available



July 2015 *

NEW MENU IS TO BE
DETERMINED



Mon	Tue	Wed	Thu	Fri
Meals are \$5.25 each Salad bar \$4.25 each		1 Hot Beef w/Mash Potatoes & Gravy Veggie Brownie	2 Baked Tilapia Tater Tots Veggie Pudding	3  KEEP CALM AND WAVE Happy 4th of July!!!
6 Meatballs Mash Potatoes & Gravy Veggie Cookie	7 Hamburger Steak Fried Potatoes Veggie Cake	8 Broasted Chicken Baked Potato Veggie Strudel Stick	9 Goulash Garlic Bread Veggie Fruit Cup	10 Chicken Fried Steak Mash Potatoes & Gravy Veggie Ice Cream
13 Creamed Chicken Over biscuits Veggie (peas) Cinn. Cake	14 Swiss Steak Scalloped Potatoes Veggie Jello Cake	15 *New Menu to be determined	16 *New Menu to be determined	17 *New Menu to be determined
20 *New Menu to be determined	21 *New Menu to be determined	22 *New Menu to be determined 	23 *New Menu to be determined	24 *New Menu to be determined 
27 *New Menu to be determined 	28 *New Menu to be determined	29 *New Menu to be determined	30 *New Menu to be determined 	31 *New Menu to be determined



CENTER STAGE TAPPERS and Merry Go Rounders



Yes, I am again taking the lazy way and putting my two news reports together.

I have been trying to figure out what to write, and so here I am again, late as always with little to say, But – will continue as though I have the most important news ever!!!

The **Center Stage Tappers** had such a busy month last month it is “rest time” this month. Not really since we now are concentrating on getting those Follies numbers perfected. I have been having fun with our 2 new members on Fridays and always enjoy the help we get from the rest of the group as well. Basics (steps as well as fashion) never go out of style so it helps everyone to take advantage of the extra work on Fridays. We have a great group and are always so thankful when ALL of us are in attendance and do their “home practice” as well. We so appreciate good health and are so pleased when we have it for everyone.

“You’ll learn, as you get older, that rules are made to be broken. Be bold enough to live life on your terms, and never, ever apologize for it. Go against the grain, refuse to conform, take the road less traveled instead of the well-beaten path. Laugh in the face of adversity, and leap before you look. Dance as though EVERYBODY is watching. March to the beat of your own drummer. And stubbornly refuse to fit in.”

- Mandy Hale, The Single Woman: Life, Love, and a Dash of Sass

“Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering.”

- Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

The **Merry Go Rounders** are also very busy trying to get good dances ready for the Follies so that everyone can participate and enjoy. We’ve had some newcomers so again are back to basics part of the time. The angels back for the summer are so appreciated and now we have more angels that can help with the beginners as well. (Angels are what we call dancers that have some prior experience) Our group varies in numbers each week with everyone busy with summer activities and a few summer illnesses, so when everyone does make it, our room gets rather crowded. That would be nice for all year really.

*Apologetically,
- BJ Heitzman*

Young at Heart Line Dancers

Another month with us keeping busy working on dances and outfits for the Follies, and excited about how things are shaping up.

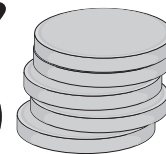
Also happy about having six new beginners in my 8:45 a.m. class; and having my previous beginners move up to the 9 a.m. class that Lila & Arlene teach and hopefully have them join us in the Follies. So thankful for Lila being able to teach every Thursday as Arlene has had her second shoulder surgery and is not back with us quite yet. Get well wishes to Arlene — we miss you!

I have the best helpers and the best group of people ever! What a neat “family” of dancers and friends! Having said that, I find it is that time of year that we take our SEMI-ANNUAL two weeks off, so we will have our last day to dance Thursday, July 16th and come back on the 30th of July. We will only miss one Thursday because the Follies are in September instead of October. We will be here dancing all the other Thursdays, so come and join us as we do have a good time!



-Sally Kimball

PENNY BINGO



Come and play Penny Bingo with us — we have a lot of fun and we have lots of Potlucks and other celebrations. We would love to see some new people come and play with us. We play from 8:30-11:30 a.m. and then from 12:30-2:30 p.m. on Tuesday’s and Thursdays. On Thursday’s we would like to remind everyone that the Bingo Cards stay in the Bingo room. The cost to play is a penny a card up to four cards. We have 2-10 cent Blackouts in the AM and 2 10-cent Blackouts in the PM with 1-25 cent Blackout in the AM.

-Bill Merritt



Bridge Lessons

There are a few changes in bridge classes for the summer. Diane Howard’s Beginning Duplicate class resumed meeting at 9 a.m. Mondays. There are so many people playing golf on Thursdays that Audrey Ercolini’s bridge class decided to play bridge from 10 a.m. - Noon Wednesday mornings, break for lunch, have a 1 hour class at 1 p.m. & supervised play until whenever they are ready to quit. She will still have the 12:30 p.m. class on Thursdays for anyone who wants to start learning bridge conventions & how to play better bridge. Ruth Chancey’s Beginning Bridge class meets at 9 a.m. Thursdays. All the classes are growing with increased interest in this challenging game.

The Duplicate Bridge Club held a Sectional bridge tournament the first week of June at the Center with almost 100 people attending. All were impressed with our facility & hospitality. It was fun for all who participated.

*-Audrey Ercolini
audreylund@aol.com*



4016 Indian Hills
Grocery • 239-0528
Meat • 239-0529

New Exercise Classes to Start August 11th here at the Siouxland Center for Active Generations

We are excited to share that the beginning of August, we will be starting two new EXERCISE CLASSES here at the Siouxland Center for Active Generations. These classes are sponsored and led by the YMCA.

These classes are: **STARTING AUGUST 11th**

ENHANCE FITNESS...

Tuesdays, Wednesdays, at 8:30 - 9:30 a.m. in the **Multi-purpose Room**
Fridays at 8:30 - 9:30 a.m. in the **Exercise Room**

BALANCE CLASS...

Tuesdays from 1 - 2 p.m. in the **Exercise Room**

What a wonderful opportunity this August to add some more health & fitness programs to our already large curriculum of exercise classes here at the Siouxland Center for Active Generations.

- Deb Poss/Activities

ENHANCE FITNESS FUN NEVER RETIRES!

ARTHRITIS SYMPTOM MANAGEMENT PROGRAM FOR SENIORS

Enhance Fitness is an evidence-based physical activity program proven to increase the physical, mental and social functioning of older adults, particularly those with arthritis. Enhance Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging.

According to the Center for Disease Control and Prevention, 52 million Americans have arthritis, including about half of all adults over age 65. Research has shown that low-intensity physical activity performed on a regular basis can reduce pain, improve functioning, elevate mood and delay the onset of disability. As an Enhance Fitness provider, the Y's certified staff will offer older adults three, one-hour classes per week.

IN EACH ENHANCE FITNESS CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor with special training to bring out their physical best.
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce arthritis symptoms.
- A relaxed atmosphere that encourages social interaction, which is proven to be a vital part of senior health and well-being.
- Fitness assessments that will be conducted on your first day and every four months to track progress.

WHO QUALIFIES?

Enhance Fitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

WHEN IS THE CLASS OFFERED?

- Classes will be held Tuesdays, Wednesdays and Fridays from 8:30-9:30 a.m. at the **SIouxLAND CENTER FOR ACTIVE GENERATIONS BEGINNING AUGUST 11**
- Classes are free for those who are members of the Senior Center for Active Generations.
- Classes sponsored by the Norm Waitt SR YMCA

Old age at its best...

Russ and Fred, two friends, met in the park every day to feed the pigeons, watch the squirrels and discuss world problems.

One day Russ didn't show up. Fred didn't think much about it and figured maybe he had a cold or something.

But after Russ hadn't shown up for a week or so, Fred really got worried.

However, since they only time they ever got together was at the park, Fred didn't know where Russ lived, so he was unable to find out what had happened to him.

A month had passed, and Fred figured he had seen the last of Russ, but one day, Fred approached the park and - lo and behold! - there sat Russ! Fred was very excited and happy to see him and told him so.

Then he said, "For crying out loud Russ, what in the world happened to you?"

Russ replied, "I have been in jail."

"Jail!" cried Fred. "What in the world for?"

"Well," Russ said, "you know Sue, that cute little blonde waitress at the coffee shop where I sometimes go?"

"Yeah," said Fred, "I remember her. What about her?"

"Well, the little gold-digging witch figured I was rich and she filed rape charges against me; and, at 89 years old, I was so proud that when I got into court, I pleaded 'guilty'."

"The judge gave me 30 days for perjury."

Now Open in South Sioux City

Four Generations of Serving
Northeast Nebraska Since 1886

M. Mohr
FUNERAL HOME

1431 W. 29th St.
S. Sioux City, NE
402-412-3131

OPEN DOOR CHAPEL

Pastors

Mike & Judy Smith

601 Floyd Blvd. • Sioux City, IA

712-258-9248

SERVICES:

Sunday 10:45 am

ADULT BIBLE STUDY:

Thursday 6:30 pm - 8 pm

Art Mixed Media Class~ Vivian Miller

The Art Mixed Media class has been having fun making creative art projects through-out the year. They meet on Friday's at 9:30 a.m. in the Craft Class. Classes are taught under the direction of instructor Vivian Miller and her Art group is creating quite a following with all of their creative and expressive new ways of enjoying art. Stop back and see them on Friday's to see all of their amazing artwork. They will also have some of their art projects displayed in the Akron Public Library for the whole month of January — where they would all love to invite you up to Akron for a road trip in January to see their art display. Vivian's classes are \$20 for 8 sessions...Great times + great instruction = Creative Art!!!

- Deb Poss/Activities



July Quotes

“Hot July brings cooling showers,
Apricots and Gilly Flowers.”

- Sue Coleridge



“If the first of July it be rainy weather,
‘twill rain more or less for four weeks
together.”

- English Proverb



“The summer looks out from her
brazen tower,
Through flashing bars of July.”

- Francis Thompson



“The steady buzzing of the Katydid
chorus,
The bass solo of the croaking Frog,
The steady woof-woof of a barking
dog,
A summer night's serenade.”

- Michael P. Garofala



“You have to love a nation that
celebrates its independence every
Fourth of July, not with a parade
of guns, tanks and soldiers who file
by the White House in a show of
strength and muscle, but with family
picnics where kids throw Frisbees,
the potato salad gets iffy, and the
flies dies from happiness. You may
think you have overeaten, but it is
Patriotism.”

- Erma Bombeck



“One flag, one land, one heart, one
hand, one nation evermore.”

- Oliver Wendell Holmes



“The United States is the only
country with a known birthday.”

- James G. Blaine

COFFEE SHOP

Sit Sip

Again I sit resting in my chair after a busy day at the Coffee Shop. It was birthday day so it seems we are always busier that day.

I finally have gotten to play golf. Seemed every Thursday it was rainy or else just cold and windy. Seems like the older I get I can find an excuse not to play if it is cold!

I was happy to have Donna back in



the Coffee Shop but she has had surgery and is at home recuperating. We wish her a speedy recovery.

As always I want to thank all for supporting the Coffee Shop. Thanks also goes out to the “angels” who help unload my box of groceries.

- Marilyn Haller

The Heritage

at Northern Hills

4000 Teton Trace • Sioux City, IA 51104

**Prices Start at
\$600 Per Month**
**Independent Living,
Assisted Living.**

Meals, transportation,
housekeeping and
activities available.

Call (712) 239-9400 for more information!

Palmer House Motel

3440 Gordon Drive • Sioux City, IA
712-276-4221

PRESCOTT & SCHRAMM

Plumbing & Heating Co.

Commercial & Residential Repairing

NO JOB TOO SMALL

NO JOB TOO LARGE

276-7014

Master Gardener ~ Bev Hall



Many of our Siouxland Center for Active Generations members have been enjoying year round the talents of Master Gardener — Bev Hall. She has been nurturing and caring for all of our Center's beautiful plants and flowers for years here. She also cares for our outside landscaping areas as well. Most recently she has been displaying beautiful floral arrangements and flower decorations for our Front Desk, Jon & Grace Wagoner's 50th Anniversary and the florals for our Wine & Dessert party. She definitely has a GREEN THUMB and an eye for beautiful floral design. Bev recently shared a story with me that I felt was very endearing. Bev said that some of her perennial plants/flowers she has named after the person that has given them to her, that way she thinks of that person when she is watering and caring for them. What a wonderful connection Bev has with sharing such a wonderful talent with us at the Siouxland Center for Active Generations!

- Deb Poss/Activities

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

Wednesday, July 1
"SHELLY'S 2x4 TIMBER ART - HOW TO MAKE A GNOME GARDEN"

then make a GNOME HOME at 12:30
Shelly Bohlke/ Artist

Wednesday, July 8
"RISK FACTORS & PREVENTION"

Balance class & pre-screenings
Christy Willis
with Regency Square Living

Wednesday, July 15
"PODIATRY SERVICES"

Nail and foot pre-screenings
Kristin Zegers
& Tami Schrage - RN

Wednesday, July 22
"EAR PRE-SCREENINGS & EAR CARE"

Ear Pre-screenings
Belton & Christy Willis
with Regency Square Living

Wednesday, July 2
"HEALTHY EATINGS & HEALTHY LIVING"

Video from the 10-week wellness program "LIVE HEALTHY IOWA"
Video showing how to eat healthier to make a better life for yourself

At Whispering Creek, you will find a combination of features unmatched by any other community in the city:

- * Chef Prepared Meals
- * Restaurant Style Dining
- * Diverse Activities and Events
- * Housekeeping
- * Free Transportation
- * 24 Hour Emergency Response
- * Exceptionally Committed Staff
- * Secured Access

Whispering Creek offers Independent Living, Assisted Living and Alzheimer's Care apartments all within the convenience of one campus!

Call or stop by anytime for a personal tour & stay for lunch!
(712) 204-3524 • 2609 Nicklaus Blvd. -Sioux City, IA
One mile East of Morningside Ave. & Whispering Creek Drive • www.WhisperingCreekSeniorLiving.com

Siouxland ((HEARING Healthcare, P.L.C. Michael Sloniker, AU. D.
2916 Hamilton Blvd. Kathy Rizk, M.S., CCC-A
(712) 258-3332
www.siouxlandhearing.com

Pleasant and Affordable Housing Communities for Elderly and Disabled
Call and Apply Today! Oakleaf Property Management Company strives to provide affordable housing for the elderly or the disabled with several Siouxland locations. Please ask about our Free Service Coordinator Programs.

Equal Opportunity Housing & **Oakleaf** PROPERTY MANAGEMENT
1309 Nebraska Street • Sioux City Iowa (712) 255-3665
"Providing for others what we expect for ourselves."

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

JULY BIRTHDAYS

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

- | | |
|---|--|
| <p>1 Josephine Cole, Al Bruning, Donna Loker, STANLEY SWANSON</p> <p>2 Ken Uhl, Andrea Holden, Grace Wagoner, Mary Ellen Silverberg, Steve Blenderman</p> <p>3 Jerry Barth, Thomas Malone, Janet Merchant, Bernard Schiltz</p> <p>4 Helen Bundy, MaryAnn Schmidt, Eugene Ulmer, Barbara Verschoor, Richard Zolnosky, Claudia Ratkiewicz</p> <p>5 Sandra Phelps, Nick Zarkos</p> <p>6 Warren Grieve, Shirley Hodges, Dorothy Myers, Barbara Willis, Dan Weakley</p> <p>7 James Arrowood, Rosie Hawkins, Thomas Kinqvist, Anna Mae Sitzmann, Diane Sorensen</p> <p>8 John Cowley, Danne DeLair, Kathryn Drake, Larry Watson</p> <p>9 Debra Kelly, Betty Murtha, Leon Koster, Lois Ward</p> <p>10 Jack Breen, LOIS CHARTIER, Arvin Jacobsma, Darrell Sorenson, Anita Strawn</p> <p>11 Jan Renee, Patricia Hammond, Jean Midland</p> <p>12 Holly Barron, Spencer Brende, ROBERT DERFLINGER, Dottie Montang</p> <p>13 Karl Baker, Frances Madison</p> <p>14 Sandy Backhaus, Connie Holman, O'Neal Smith</p> <p>15 Millie Blanchard, LeNora Metzging</p> <p>16 Elaine McCuddin, Dorine Levine</p> <p>17 Mitzi Kirwan, Rosemary O'Kane,</p> | <p>Larry Scadden, Barbara Harbeck, Don Hartman, Dorene Titus</p> <p>18 Michael Montgomery, LUCILLE BURKETT, Star Connolly, ROBERT IRWIN, Rita Iversen, Alice Peterson, Alvin Tramontina, Nancy Van Meter</p> <p>19 Connie Hagey, Lola Anderson , Mae Barron, Rob Brandhagen Jr., JOE GROSS, Carol Jorgensen, Linda Mincer</p> <p>20 JOSIE FLAGG, Gloria Narnum, Sharon DeJong, Peggy Jamison</p> <p>21 Patricia Johnson, Jean Darnell, Jerome Combs</p> <p>22 Bryan Olson, Jan Ashmore, Carolyn Hanson, Barbara Carlson, Renate Gellatly</p> <p>23 Orrin Rasmussen, Doug Flom, Mary Forna, James Jones, Edda Philippsen, NORRIS POTTS, Judy Schmitz</p> <p>24 Cynthia Weber, Lavonne Keleher</p> <p>25 Muriel Cooper, Joanne Sykora</p> <p>26 Kathleen Joy Anderson, John Coon, Bob Davis, Gene Magden, Mary Zook</p> <p>27 Steve Shadle, ADELE WOOD</p> <p>28 Wyman Anderson, Eugene Kudera, Paul Maurer</p> <p>29 Jamie Lundquist, Elaine Knudson, Jerry Jorgensen, Ted Voss, Kenneth White</p> <p>30 Mary Errett, John Sherrman, Wilma Thompson</p> <p>31 Nancy Wynne, VIVIAN KAMM, Twila Roberts, Vicki Naqvi</p> |
|---|--|

NEW MEMBERS


- | | |
|------------------|-------------------------|
| Laurence LeClair | Jill Brouwer |
| Joanne Sykora | Robin Halligan-Thompson |
| Vicki Naqv | Carol Graham |
| Gary Bolton | Pam McDermott |
| Steve Chadwick | Dorothy Workman |
| Robert Billiar | Emily Rubia |

WE REMEMBER


- Clifford Peters
 Cheryl Heers
 Gene Windeshausen
 Jean Beller
 Kathryn Trobaugh
 Raymond Thorp
 Esther Top
 Cleo Sipma

MEMORIALS

For: Cliff Peters
From: Duplicate Bridge Club



Hours: Mon. - Sat. 10 am - 5 pm
 405 Wesley Parkway • 712.258.7790
www.palmercandy.com



Body & Frame
Repair

501 West 8th St.
(712) 255-7172

**EMBASSY REHAB
AND CARE CENTER**

206 PORT NEAL ROAD • SGT. BLUFF
943-3837

Intermediate and Skilled Care

BRUCE HAMEL CARPENTRY
Solving Problems > Meeting Needs



Painting, remodeling, repairs,
or handyman projects.
Licensed and insured.

Call 712-255-3477

July Birthday Party at 1 p.m.

Our monthly Birthday Party will be held Monday, July 13th, in the Multi Purpose Room. Hosted by *The Center Tappers* with entertainment provided by *Ron McKewon*, *Sonja Erickson* is our *Volunteer of the Month*. All members are invited; especially those with July birthdays. 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 specialty cake and Palmer Candy for the Palmer Candy gift certificate.



FOULK BROS.

PLUMBING AND HEATING, INC.

322 West Seventh Street • Sioux City, IA 51103 • 712-258-3388



**Saving Your Heart
So You Can Follow It**

unitypoint.org



UnityPoint Health
St. Luke's

Kindness is like a boomerang.

Record Printing

1117 Villa Ave • Sioux City, IA 51103
(712) 252-0563 • (712) 252-0100
www.recordprinting.com

1, 2, 3 BR Luxury Apt. Homes
FREE Heat, Appliances Furnished, incl. W/D

Dakota Pointe Apartments

208 E. 39th St. • South Sioux City, NE
402-494-8210

Mon-Fri 10-6p.m. Sat. 10-6p.m.

Peters Park Flea Market
Sioux City, Ia

3938 Transit Ave. 276-7000

Sun. Noon - 5 p.m.

Collectibles
Antiques
Booths Available
Furniture

Drilling Pharmacy 4010 Morningside Ave

Where You're Part Of The Family

Free Delivery **276-4621**

Hours: Mon-Fri 9-8
Sat 9-5 • Sun 9-1

JaJ Coins & Collectibles

Buying & Selling Coins, Currency,
Postcards, Stamps, Antiques, Precious Metals
We Do Appraisals!

712-274-9195 901 S. Cecelia
800-397-9053 Sioux City, IA 51106

HEARING SPECIALISTS PC

4509 Stone Avenue • Sioux City, IA 51106
712-276-0050 • 1-800-710-0050

Colette Hadden, MA CCC-A, Owner, clinical audiologist

GRAHAM

TIRE & AUTOMOTIVE SERVICE

3480 Gordon • Sioux City, IA • 712-274-2024

ROTO-ROOTER Pat Brown
SEWER-DRAIN SERVICE

Senior citizens discount \$5 off any service call.
712.276.7329

YOUR ONE STOP SHOP

TWO SIOUX CITY LOCATIONS TO SERVE YOU!
1732 HAMILTON BLVD. & 5901 GORDON DR

TRUGREEN

601 Main Street • Sioux City, IA 51103
712-279-9553 • 888-356-4664

An Independently Licensed Franchise

The **Sunshine News** is published by the:

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

Non-Profit Organization
U.S. Postage
PAID
Sioux City, Iowa
Permit No. 74

DEADLINE: Please turn items in on, or before July 8th so they can be included in the August 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

May

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

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