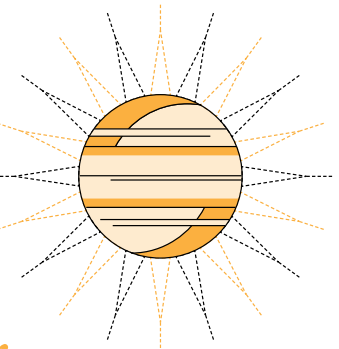


NOVEMBER 2011 SUNSHINE NEWS



Telephone 712-255-1729 | Number 403 | Published Monthly

“On Thanksgiving Day we acknowledge our dependence”
- William Jennings Bryan

Siouxland Center
for Active Generations



Volunteer of the Month Marijune Pollow



We would like to congratulate Marijune Pollow for being chosen November Volunteer of the Month! Marijune joined the Siouxland Center for Active Generations in September, 2005. She became involved because of the Active Generations Chorus, as their pianist. In addition to accompanying the chorus with their weekly practices, Marijune also plays for birthdays, sing outs, the Fall Follies, Christmas parties and twice a year for the Aktion Club (sponsored by the Morningside Kiwanis Club); all activities involving our busy chorus! Thanks Marijune for your involvement with our choir members and enjoy your Palmer's Olde Tyme Candy Shoppe Gift Certificate!



Favorite Holiday

What's your favorite holiday?

For children, the poll says, it's Christmas, and for women, Valentine's Day. The reasons for both are obvious.

For most men, including this writer, it's Thanksgiving. There are many reasons ranging for men of all ages. For myself, nothing in eating can top feasting on

pumpkin pie, generous helpings of turkey with dressing and what is called "all the trimmings!"

Such a spread, to me is like a great work of art or a lovely song. It's more than worthy of grateful acknowledgment to God for a holiday created to give thanks for the plenty of harvest!

Enjoy!!!

— By the Editor

New Date for Martinis, Bikinis and Lamborghinis

Argosy Casino and The Siouxland Center for Active Generations present "Martinis, Bikinis and Lamborghinis". Enjoy an evening of 007 Heaven Wednesday, November 2, at the Argosy Casino from 6 p.m. to 10 p.m. A casino night you won't forget with heavy hors d'ouerves, signature martinis, fun gaming money with each ticket purchased and opportunities to buy raffle tickets on five great prizes. A great evening of fun to help support the Center's programs/activities and to help ensure the continued success of our Center.

Raffle prizes to choose from include:

1. 42" Vizio big screen TV
2. Diamond necklace from Greenberg Jewelry
3. \$1000 gift certificate package from local merchants
4. One weeks accommodation from dreamvacationweek.com (seven nights)
5. Gourmet prepared meal for up to eight individuals served at your home

- We have had great support from our sponsors:
- Argosy Casino
 - KTIV
 - KSUX and KSCJ Radio Stations

Tickets are available in the office for \$50 each and raffle tickets are \$10 each or six for \$50.

NOW IS THE TIME FOR YOUR SUPPORT!!!

Retirement Party

Membership coordinator, Janette Linden, will be leaving the Siouxland Center for Active Generations after 18 years. We want to thank her for all she has done for us; both as a staff member and as a volunteer. We will be hosting

a "farewell coffee" for Janette at 1 p.m. on Wednesday, November 9. This get-together will take place in the Multi Purpose Room. We invite her family, friends and all members to attend.

the Sunshine News

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

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\$12 per column inch



Senior Helpmate Program
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Katherine Price
Program Coordinator

LeMars — 712-546-8855
Katie Olson — *Program Coordinator*

Thanksgiving Changes

Due to the Thanksgiving holiday, we will be closed on Thursday, November 24 and Friday, November 25. We will reopen at 8 a.m. on Monday, November 28. The staff of the Siouxland Center for Active Generations wishes you a special holiday with family and friends.

Smell of Fresh Baked Goods is in the Air...



Many of you have been following your noses into the Sit & Sip Coffee Shop as the aroma of fresh baked bread fills the air. In addition to the sweets that Marilyn has been baking weekly at the Siouxland Center for Active Generations, she will be even busier as November 14 approaches. On that Monday she will add pies, bars and cakes to her list of baked goods. Make sure you check out the Bake Sale taking

place that day and stay for the November Birthday Party at 1 p.m. in the afternoon. All are welcome at the party... you do not need to have a November birthday.

*Marilyn would appreciate any donation of sugar or flour to be used in her baking. Thanks in advance!

SUNSHINE NEWS WINTER ADDRESS CHANGE

The Siouxland Center for Active Generations will mail the Sunshine News to our members who go south or west for the winter. Please write your winter address below with date to change. Thank you.

Date to change: _____ Date to change back: _____

Name: _____

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(The Sunshine News will not forward since it is bulk mail.)

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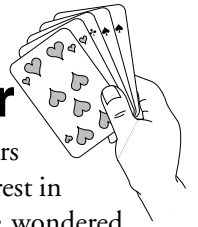
So many individuals generously donate each month to various parts of the Siouxland Center for Active Generations. Following is a list of those who donated during the month of September. We thank them for their thoughtfulness.

Kathy Ashley
 LaVonne Baker
 Arlene Baldes
 Dorothy Barto
 Jean Beller
 JoAnn Berggren
 Kris Bergstrom
 Pat Bornhoft
 Louise Bridgett
 Carol Chase
 Miriam Clayton
 Alice Coppock
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 Maxine Lammers
 Carol Larson
 Nancy Lee
 Art & Marlene Lindell
 Janette Linden
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 Colleen Martin
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 Sharon Murphy
 Merlin Olson
 Cowboy Charles Parker
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 Toots Pittman
 Kathy Price
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 Alice Reeg
 Judy Rehurek
 Carol Rice
 Kay Rothman
 Debra Russell

Dee Sachau
 Doris Schiltz
 Ronda Schultz
 Jan Schwartz
 Jane Schweer
 Helen Smith
 Rosejean Smith
 Eileen Stickels
 Paul Swanson
 Jean Sweeney
 Maureen Tague
 Evey Thompson
 Jerry Thompson
 Carol Unruh
 Dennis Vanmaan
 Pearl Voss
 Grace Wagoner
 Evelyn Walding
 Rex Wentzel
 Bonnie West
 Lenore Wingert
 Barbara Zediker
 Gayle Zeman
 Sioux City Garden Club
 Siouxland Square &
 Round Dance

Canasta Instructor



One of our members has expressed an interest in playing Canasta. She wondered if any of our members would be interested in teaching the game. If you, or someone you know of, has the rules and would like to lead this group please call Kerry at (712) 255-1729.

New Spanish Class Time

Please note the time changes in the Spanish Classes. Advanced Spanish begins at 8:30 a.m. and the Beginners/Intermediate starts at 9:30 a.m. Sandy Townsend and the class would love to have you join them.

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November Left-Overs

The rolling contours of an open field ramble here and there within the confines of wire fences or tree groves as windbreak.

This makes up an lowan landscape where the beauty of a covered bridge is the needed "Watershed of the sky."

Our curious selves wander to see cattle feeding on corn stalks; they appear as silent statues until each moves to look for better pastures to forage.

Just then we unlatch the fence gate that opens all we've seen and done at a time when winter's hills were not much else but bleak and dry grasses!

*- Gerold Mathewson
Creative Writers Class*

Happy Hoofers Tap Dancers



As I am writing this our group has had their final practice for the Follies, checked all their costumes and feel as ready as we can be the big day. It seems like we work so hard for so long and then it is over in just a flash.

I hope no one wishes us luck with the traditional "Break a leg" since with the luck of our group someone might just do that! We just appreciate hearing "we wish you well". It's been so nice having good attendance for practices but at the very last minute we have someone out with a variety of reasons, so we are desperately begging for anyone even slightly interested in learning - or relearning - tap dance to come and visit our group and hopefully join us.

We will try to help you with whatever catching up that you may need. Tap is exceptionally good exercise for the body and especially the mind. And we all enjoy the friendships that we've acquired in the group.

As we finish our Follies, we then get to work performing at the Grace Lutheran Church at the end of October. We have a really fun time with a scary Halloween dance. We look forward to having Sandy back with us for regular classes again, Mondays 9 a.m. so all of you thinking of joining us NOW is the time when we begin new routines.

-B.J. Heitzman.

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Lock Your Doors!
As the holiday season approaches it's a good time to remember the importance of locking your car doors while here at the Siouxland Center for Active Generations, as well as locking your homes whether you are at home or away. This is an excellent habit to get into.

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Enter 90

There are three new members in the Enter 90 group for November at the Siouxland Center for Active Generations. They are Jean Ellis, Arlene White and Leonard Schonrock, November 9, 1921.

Arlene White will celebrate her 90th birthday on November 3, 2011. She was born in Mitchell, SD, a family of five girls. She attended school in Sioux City at Blessed Sacrament and St Joseph schools. In 1939 she married Paul White, together they had nine children. She says she has really been blessed having such a wonderful family, including sons and daughters in-laws and 23 grandchildren and 24 great-grandchildren. Besides raising her large family she was a clerk at Williams Drug and Secretary at Siouxland Insulation.

The extra bonus in my life was traveling, she said. Arlene went overseas for two weeks, with two sisters, a daughter, nieces and their children (11 people) touring Ireland for a week, hiring a bus and driver, visited Germany, Holland and London. One of her daughters was a flight attendant for American Airlines so she traveled with her to Hawaii four times, Bermuda, Barbados, Canada, 2 times, Costa Rico and England. She also went on a cruise with two sisters and a friend.

After her husband's death, she joined the Siouxland Center for Active Generations and had the best time ever performing in the Siouxland area with the Drama Club impersonating 14 different singers. They were a fantastic group. Some of the acts she impersonated were the McGuire sisters, Andrews Sisters, Oak Ridge Boys, Statler Brothers and many many more. She also

was a line dancer and is still performing with the Happy Hoofers Tap Dance Group

Jean Ellis was born November 1, 1921 in Washta, Iowa. Jean and her sister Janet played by using their imagination – liked to hike, picnic, play paper dolls, roller skate and played games. Jean attended Washta schools, graduating from high school in May 1938. Jean attended National Business Training School. She worked as a secretary and bank teller for 31 years. While at the bank she didn't miss a day of work in 31 years. Jean also worked at Cherokee State Hospital, Kennedy & Parsons, and Valley State Bank.

On November 26, 1941 Jean married Robert W. Ellis. They have a son, Mark and a daughter Marcia – also four grandchildren and 8 great-grandchildren.

Jean has no idea what the secret is to living to be 90, she just knows that suddenly she is turning 90 years old. She's been healthy until this year (September). She hasn't been in the hospital since 1942.

A piece of wisdom to share with others is "Be a Friend – Help a Friend".

We welcome Jean and Arlene into our 90+ group of members.

Other 90s birthdays for the month of October include: Esther Hattenbach, November 12, 1918; Donna Clary, November 18, 1920; Edgar Flammang, November 20, 1919; Lois Martyn, November 21, 1915; Helen Rowland, November 21, 1920 and Rose Bocian, November 29, 1915. Birthday congratulations to all!



November Creative Writing Themes

November 1...Daylight Savings Time Ends

November 8...Election Day

November 15...Things Remembered (Grandma's Apron)

November 22...Life Before Cell Phones and Computers

November 29...Thanksgiving Memories

Other ideas for topics: Senior Discounts and Is There a Human on the Phone...Life with Telemarketers.

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Thanks to all that made our open house a great success. If you couldn't join us call today for your personal tour.

Sincerely, Deb & Kathryn Community & Sales Director Administrator

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November Dues Due

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

MARY M. AESOPH
 BLANCHE ASHMORE
 GENE ASHMORE
 CLARENCE BACKER
 JERRY BAUMGARDNER
 NINA M. BENDER
 CHARLENE BERGER
 LOUISE BERNOSKI
 SHAR BONNEMA
 JACK J. BREEN
 JANET M. BREEN
 MARYLOU BRODERSEN
 JANET E. CLARK
 WALTER H. CLARK
 JOSEPH G. COUREY
 BECKY L. DAVIS
 ROBERT A. DAVIS
 SHIRLEY A. DICUS
 KARON A. DORR
 DONNA C. DREA
 WAYNE W. DUCOMMUN
 CURTIS W. ECKERMAN
 LYNETTE F. FEY
 MADELINE S. FLAUGH
 JUD GARWOOD
 HOWARD M. GEBHARDT
 TWILA F. GUSTAVSON
 LINDA K. HALL
 EYVONNE HANSEN

LAVERN E. HARDER
 NANCY L. HARDER
 DIANNE M. HICKS
 RONALD C. HICKS
 WILBUR HOF
 ANDREA J. HOLDEN
 DON P. HORSTED
 KATHRYN L. HORTON
 NANCY L. HORTON
 RAMON C. HORTON
 JOHN R. IVERSEN
 ROBERT L. JENSEN
 RAMONA M. JESSIP
 BONNIE L. JOHNSON
 CAROLYN M. JOHNSON
 RICHARD V. JONAS
 SHARON E. JUNGE
 HARRY E. KELLER
 SHIRLEY MAE KINQUIST
 THOMAS W. KINQUIST
 SUE ELLEN KIRKEGAARD
 DIANE KRAEMER
 BARTON C. LANE
 LOREN LARSON
 FRED W. LETTAU, JR.
 ARTHUR J. LINDELL
 MARLENE J. LINDELL
 CATHY J. MCCLARY
 WILMA P. MOORE

KATHY A. MUGAN
 JERRY L. MURRAY
 SANDRA K. ODLE
 PEARL I. OKONOSKI
 JILL E. ONYEBULE
 GARNETH M. OOSTENINK
 JACKIE PATTERSON
 JOHN C. PATTERSON
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 RAYMOND RAMIREZ
 TERRIE A. RASHEED
 DOLOREUS C. REIFKE
 CAROL A. SCHLUMBAUM
 DENNIS L. SMITH
 O'NEAL SMITH
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 WILLIAM T. STEPHENS
 SHIRLEY M. STROM
 MARY BETH SWENSON
 HOWARD A. SWIETER
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 MARY K. TUCKER
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 WILLHEMENA VAUGHN
 JUDY A. WALKER
 ROENA WAMBERG
 STELLA WANGARI

DENNIS C. WILLIS
 EDNA M. WILSON
 ANITA R. YESKA
 LOIS A. ZUNKER

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.

*Membership coordinator:
 Janette Linden*

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1 p.m.

Monday, November 7 – “Thunder Bay”

Monday, November 14 – NO MOVIE – 1 p.m. BIRTHDAY PARTY – JOIN US

Monday, November 21 – “The Glenn Miller Story”

Monday, November 28 – “Shenandoah”



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

Wednesday, November 2 – “Celebrating National Hospice Month”
Linda Cravens, Hospice Community Representative

Wednesday, November 9 – “Living Longer & Leaving a Legacy”
Sterne Akin, State Farm Insurance


Wednesday, November 16 – “What to Look for On Your Skin”
Dr. Ray Kuwahara, Dermatologist

Wednesday, November 23 – NO TALK SHOW

Wednesday, November 30 – “Focus On Fixed Income”
Josh Boomsma, Edward Jones Financial Advisor

November Birthday Party at 1 p.m.


Our monthly Birthday Party will be held Monday, November 14, in the Multi Purpose Room, hosted by the Painting Class, with entertainment by the Follies Performing Groups. All members are invited; especially those with November Birthdays. We thank Stoney Brook Suites at Dakota Dunes and Touchstone Living Center for providing the refreshments.



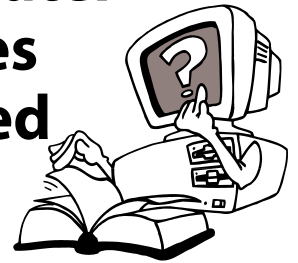
Weekly Fitness Classes

Super Strong Seniors, Fitness, Walking Off the Pounds, Senior Yoga and Zumba Gold Classes. Consult the calendar for details on days, times, and instructors.

We thank the following volunteer fitness instructors: Sandy Backhaus, Dixie Gors, Sandy Keane, Sally Kimball & Kelly Nashleanas.



Computer Classes Offered









The following computer classes, taught by Dodie McManamy, are offered at the Siouxland Center for Active Generations: Beginner, Intermediate, Internet/Email and Digital Camera. 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 this winter, but if interested in classes, we encourage you to sign up and when there is an opening for an upcoming class you will be contacted.

Membership Appreciation Week




We would like to thank the following businesses for taking part in Membership Appreciation Week: Northern Hills, Whispering Creek, North Park, Stoney Brook Suites and Regency Square each provided treats and a door prize during the week of September 12th. In addition to the daily door prize winners, two additional winners were chosen on Friday to receive complimentary one year memberships to the Siouxland Center for Active Generations. Our Friday dance was free for all members; music provided by Shirley’s Big Band. Daily door prize winners were: Kris Bergstrom, Lori McCline, Marijune Pollow, Katie Codina, Dale Schiltz and Betty Bauerly. Thomas Banks and Tony Stabile received the complimentary one year memberships. A special thanks to our members who helped with the daily activities...you are wonderful. Thanks to our members for attending; we look forward to this same event next year.

<p>9:45 am Beginner Tap Class 10:30 am Tap Dance Workshop 11:30 am Duplicate Bridge 11:30 am-12:30 pm Lunch 1:00 pm Birthday Party Hosted by the Painting Class: Entertainment by the Follies Performing Groups 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Super Strong Seniors with Kelly; sponsored by Bickford</p> 	<p>9:30 am Painting Class 9:30 am Beg./Intern. Spanish 10:00 am Creative Writing 10:00 am Walking Off Pounds 11:30 am-12:30 pm Lunch 12:00 pm Tap Practice 1:00 pm Painting Class 1:00 pm Pitch 1:00 pm Tap Practice 2:00 pm Ping Pong</p>	<p>Game 10:00 am Beginner Tap Practice 10:00 am 3 Mile Walk 10:30 am Talk Show “What to Look For On Your Skin” 11:00 am Drama Group 11:30 am-12:30 pm Lunch 12:30 pm Bridge 12:30 pm Zumba Gold 1:00 pm Scrabble 1:00 pm 500 2:40 pm 1 Mile Walk Warm Up 3:00 pm Fitness with Kelly, sponsored by Stoney Brook Suites 6:00 pm S. C. Duplicate Bridge Club</p>	<p>10:00 am Senior Yoga 10:00 am Men’s Club 10:00 am Beginning German 11:00 am Advanced Line Dance 11:00 am Advanced German 11:30 am-12:30 pm Lunch 1:00 pm Inter. Line Dance 1:00 pm Woodcarving 1:00 pm Bridge Group 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p>11:30 am-12:30 pm Lunch 12:00 pm Bridge Group 1:00 pm Bridge & 500 1:00 pm Scrabble 1:00 pm Card Design Class 1:00 pm Friday Dance Terry & the Remnants FREE DANCE SPONSORED BY CARL NOLTZE</p> 
<p>21 8:15 am Exercise Plus 50 9:00 am Experienced Tap Class 9:30 am Wii Practice 9:30 am Guitar Practice 9:45 am Beginner Tap Class 10:30 am Tap Dance Workshop 11:30 am Duplicate Bridge 11:30 am-12:30 pm Lunch 1:00 pm Movie “The Glenn Miller Story” 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:00 pm Fitness with Kelly</p> 	<p>22 8:30 am Penny Bingo 8:30 am Advanced Spanish 9:00 am Senior Yoga 9:30 am Genealogy 9:30 am Painting Class 9:30 am Beg./Intern. Spanish 10:00 am Creative Writing 10:00 am Walking Off Pounds 10:30 am Crafts 11:30 am-12:30 pm Lunch 12:00 pm Tap Practice 1:00 pm Painting Class 1:00 pm Pitch 1:00 pm Tap Practice 2:00 pm Ping Pong</p>	<p>23 9:00 am Chorus 9:00 am Senior Yoga 9:30 am Painting Class 9:30 am Novice Duplicate Bridge Game 10:00 am Beginner Tap Practice 10:00 am 3 Mile Walk 10:30 am NO Talk Show 11:00 am Drama Group 11:30-12:30 pm Lunch 12:30 pm Bridge 12:30 pm Zumba Gold 1:00 pm Scrabble 1:00 pm 500 2:40 pm 1 Mile Walk Warm Up 3:00 pm Fitness with Ken 6:00 pm S. C. Duplicate Bridge Club</p>	<p>24 HAPPY THANKSGIVING!</p>  <p>THE CENTER IS CLOSED</p>	<p>25 WE ARE CLOSED DUE TO THE THANKSGIVING HOLIDAY... WE WILL REOPEN AT 8 A.M. MONDAY</p>
<p>28 8:15 am Exercise Plus 50 9:00 am Experienced Tap Class 9:30 am Wii Practice 9:30 am Guitar Practice 9:45 am Beginner Tap Class 10:30 am Tap Dance Workshop 11:30 am Duplicate Bridge 11:30 am-12:30 pm Lunch 1:00 pm Movie “Shenandoah” 1:00 pm Parkinson’s Meeting 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Super Strong Seniors with Kelly; sponsored by Bickford</p> 	<p>29 8:30 am Penny Bingo 8:30 am Advanced Spanish 9:00 am Senior Yoga 9:30 am Genealogy 9:30 am Painting Class 9:30 am Beg./Intern. Spanish 10:00 am Creative Writing 10:00 am Walking Off Pounds 11:30 am-12:30 pm Lunch 12:00 pm Tap Practice 1:00 pm Painting Class 1:00 pm Pitch 1:00 pm Tap Practice 2:00 pm Ping Pong</p>	<p>30 9:00 am Chorus 9:00 am Senior Yoga 9:30 am Painting Class 9:30 am Duplicate Bridge Lessons 10:00 am Beginner Tap Practice 10:00 am 3 Mile Walk 10:30 am Talk Show “Focus on Fixed Income” 11:00 am Drama Group 11:30-12:30 pm Lunch 12:30 pm Bridge 12:30 pm Zumba Gold 1:00 pm Scrabble 1:00 pm 500 2:40 pm 1 Mile Walk Warm Up 3:00 pm Fitness with Kelly, sponsored by Stoney Brook Suites 6:00 pm S. C. Duplicate Bridge Club</p>		



November 2011

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

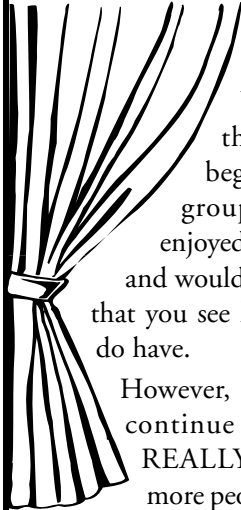
Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>8:15 am Exercise Plus 50 9:00 am Experienced Tap Class 9:30 am Wii Practice 9:30 am Guitar Practice 9:45 am Beginner Tap Class 10:30 am Tap Dance Workshop 11:30 am Duplicate Bridge 11:30 am-12:30 pm Lunch 1:00 pm Movie "Thunder Bay" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:00 pm Fitness with Kelly</p> 	<p>1</p> <p>8:30 am Penny Bingo 8:30 am Advanced Spanish 9:00 am Senior Yoga 9:30 am Genealogy 9:30 am Painting Class 9:30 am Beg./Intern. Spanish 10:00 am Creative Writing 10:00 am Walking Off Pounds 11:30 am-12:30 pm Lunch 12:00 pm Tap Practice 1:00 pm Painting Class 1:00 pm Pitch 1:00 pm Tap Practice 2:00 pm Ping Pong</p>	<p>2</p> <p>9:00 am Chorus 9:00 am Senior Yoga 9:30 am Painting Class 9:30 am Novice Duplicate Bridge Game 10:00 am Beginner Tap Practice 10:00 am 3 Mile Walk 10:30 am Talk Show "Celebrating National Hospice Month" 11:00 am Drama Group 11:30-12:30 pm Lunch 12:30 pm Bridge 12:30 pm Zumba Gold (FREE) 1:00 pm Scrabble 1:00 pm 500 2:40 pm 1 Mile Walk Warm Up 3:00 pm Fitness with Kelly, sponsored by Stonrey Brook Suites</p>	<p>3</p> <p>8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Walking Off Pounds 9:45 am Beg. 2 Line Dance 10:00 am Senior Yoga 10:00 am Men's Club 10:00 am Beginning German 11:00 am Advanced German 11:30 am-12:30 pm Lunch 1:00 pm Inter. Line Dance 1:00 pm Woodcarving 1:00 pm Bridge Group 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p>4</p> <p>8:30 am Exercise Plus 50 9:30 am Fitness with Sandy 9:30 am Wii Practice 10:00 am Blood Pressures 11:30 am-12:30 pm Lunch 12:00 pm Bridge Group 1:00 pm Bridge & 500 1:00 pm Scrabble 1:00 pm Friday Dance Art & Gwen</p> 
<p>14</p> <p>8:15 am Exercise Plus 50 9:00 am Experienced Tap Class 9:30 am Wii Practice 9:30 am Guitar Practice</p>	<p>8</p> <p>8:30 am Penny Bingo 8:30 am Advanced Spanish 9:00 am Senior Yoga 9:30 am Genealogy 9:30 am Painting Class 9:30 am Beg./Intern. Spanish 10:00 am Creative Writing 10:00 am Walking Off Pounds 10:30 am Crats 11:30 am-12:30 pm Lunch 12:00 pm Tap Practice 1:00 pm Painting Class 1:00 pm Pitch 1:00 pm Tap Practice 2:00 pm Ping Pong</p>	<p>9</p> <p>9:00 am Chorus 9:00 am Senior Yoga 9:30 am Painting Class 9:30 am Novice Duplicate Bridge Game 10:00 am Beginner Tap Practice 10:00 am 3 Mile Walk 10:30 am Talk Show "Living Longer & Leaving a Legacy" 11:00 am Drama Group 11:30-12:30 pm Lunch 12:30 pm Bridge 12:30 pm Zumba Gold 1:00 pm Scrabble 1:00 pm 500 1:00 pm JANETTE LINDEN'S RETIREMENT PARTY...ALL ARE INVITED TO ATTEND 6:00 pm S. C. Duplicate Bridge Club</p>	<p>10</p> <p>8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Walking Off Pounds 9:45 am Beg. 2 Line Dance 10:00 am Senior Yoga 10:00 am Men's Club 10:00 am Beginning German 11:00 am Advanced German 11:30 am-12:30 pm Lunch 1:00 pm Inter. Line Dance 1:00 pm Woodcarving 1:00 pm Bridge Group 1:00 pm Cribbage 2:00 pm Ping Pong</p>	<p>11</p> <p>8:30 am Exercise Plus 50 9:30 am Fitness with Sandy 9:30 am Wii Practice 10:00 am Blood Pressures 11:30 am-12:30 pm Lunch 12:00 pm Bridge Group 1:00 pm Bridge & 500 1:00 pm Scrabble 1:00 pm Friday Dance Burt Heithold Band</p> 
<p>15</p> <p>8:30 am Penny Bingo 8:30 am Advanced Spanish 9:00 am Senior Yoga 9:30 am Genealogy</p>	<p>16</p> <p>9:00 am Chorus 9:00 am Senior Yoga 9:30 am Painting Class 9:30 am Novice Duplicate Bridge</p>	<p>17</p> <p>8:30 am Penny Bingo 8:45 am Beg. 1 Line Dance 9:00 am Walking Off Pounds 9:45 am Beg. 2 Line Dance</p>	<p>18</p> <p>8:30 am Exercise Plus 50 9:30 am Fitness with Sandy 9:30 am Wii Practice 10:00 am Blood Pressures</p>	

Siouxland Center for Active Generations
 Central Catering Cost: \$4.95 Meal
 Serving 11:30-12:30 Carry Outs Available

November 2011

Mon	Tue	Wed	Thu	Fri
	1 Swiss Steak Parsley Potatoes Green Beans Fruit Crisp	2 Pork Cutlet/Gravy Brown Rice Peas Pudding	3 Burger Bar w/Mush. & Bacon Sweet Potato Fries or Wedges Frosted Brownie	4 Roast Beef Broccoli Mashed Potatoes/Gravy Ice Cream
7 Chicken Fried Steak Rice Pilaf Mixed Vegetables Cookie	8 BBQ Rib on Bun or Tavern Coleslaw Trail Mix Rosy Apple Sauce	9 Broasted Chicken Peas & Mushrooms Potatoes Supreme Strudel Bite	10 Meatloaf Green Beans Mashed Potatoes/Gravy Banana Split Dessert	11 Chicken or Beef Taco Salad Rice & Beans Glazed Donut
14 Marinated Chicken Breast Baked Potato Carrots Ice Cream Cup	15 Beef Stroganoff w/Egg Noodles Green Beans Rice Krispie Bar	16 Chicken Parmesan Pasta w/Red Sauce Cali. Blend Veggies Cookie	17 Soup & Sandwich Potato Chips Frosted Cake	18 Turkey Grn. Beans or Corn Mashed Potatoes/Gravy Stuffing Pumpkin Bar
21 BBQ Ribs Baked Beans Potatoes Supreme Banana Bar	22 Roast Beef Green Beans Mashed Potatoes/Gravy Ice Cream Cup	23 Roast Pork Loin Roast Potatoes Roast Carrots Orange Jello	24 HAPPY THANKSGIVING! CLOSED... ENJOY THE HOLIDAY!	25 CLOSED TO OBSERVE THE THANKSGIVING HOLIDAY...
28 Baked Tilapia Rice Pilaf Broccoli w/Butter Sauce Peach Crisp	29 BBQ Chicken on a Bun Potatoes Supreme Baked Beans Lemon Bar	30 Chicken Fried Chicken Veg. Lumpy Mashed Potatoes/Grn. Chili Gravy Cookie		\$3.95 Salad Bar includes: Lettuce salad, 2 sides, roll, dessert & ice water, coffee or tea. MILK IS \$.50 EXTRA

Curtains Up Drama Group



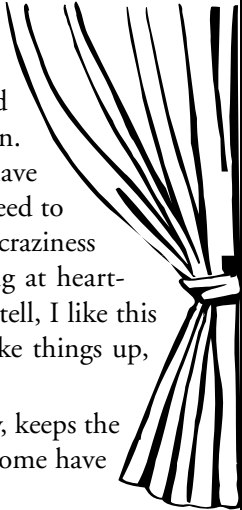
With the Fall Follies behind us, now is the time for us to begin rebuilding our group. We hope you enjoyed our entertainment and would come join us now that you see how much fun we do have.

However, if this group is to continue entertaining we REALLY do need some more people that enjoy a bit of drama, a bit of comedy, a bit of entertainment and lots of fun. We

need people who like to write, act, speak, lip sync and just plain entertain. You really don't have to be good, just need to have a little bit of craziness and lots of "young at heartness". As you can tell, I like this group, like to make things up, (such as words).

A hobby a day, keeps the doldrums away...come have a drama hobby!

-Bj Heitzman



Craft Class



Members enjoy the Craft Class that takes place on the second and fourth Tuesdays of every month. This class is led by volunteer Betty Dutcher. Pictured are the students and instructor with their beaded decorative bowls and duct tape bags.

COFFEE SHOP

Sit Sip

My golfing is over for this year so I will be making soup on Thursday. Since the Health Department wants me to do the baking at the Siouxland Center for Active Generations it has been working out fairly well. The only problem is the smell, everyone keeps talking about it and quite often I've sold the bread before it gets cool enough to wrap!

The bake sale date has been set for Monday, November 14th. This is the same day as the Birthday Party, since we won't be giving flu shots

we decided to do it on Birthday Party Day!

I've been busy taking my daughter shopping. Her husband is better but cannot drive yet. As I am a baseball fan I was so happy when Detroit beat the Yankees. Now from the news of the coffee shop... We have really been having some great days! Of course that is because you come in for coffee or a snack!

We thank you very much.

- Marilyn Haller



Thanksgiving

Our family so far and near, comes together this time of year. This tradition so close to heart for which I never will depart. Thank you for many blessings and of course, the turkey dressing. May your celebration be dear and your family always near.

-V.L. Gries

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- Lets people know when they need more than advice and refers them to other providers of legal assistance.
- Refers people to other agencies to help resolve non-legal problems.
- Provides advice to people who are helping older Iowans who are not able to call by themselves.

I have cards with more detailed information to give out plus a sticker to put in your phone book.

REMINDER!

You have until December 7th if you want to change your Class "C" Advantage plan and/or your class "D" Prescription Plan.

Sponsored Dance



Carl Noltze has offered to sponsor the dance on Friday, November 18. Terry & the Remnants will be playing for this 1 p.m. dance. As mentioned, there is no charge to attend, however Carl has suggested putting out a donations container. All donations will be given to the Siouxland Center for Active Generations. We thank you for your generosity, Carl.

Young at Heart Line Dancers

What a great Fall we're having. Makes us think it's still Summer, but because the Follies are only one week away as I write this, we know it's not.

We are so excited to perform as everyone has worked so hard to make it another great show and know those who attended will enjoy all the talent from the Siouxland Center for Active Generations.

It really is a show we look forward to each year and plan for many months ahead to make it better than the last one.

On November 2nd many of us will be helping make the night at the Argosy a big hit and fun for all. Then later in November all the performers from the Follies will each do a number at the Center for those who could not make it to East High. We just keep on dancing and hope you do too. It's so good for you and so much fun!

-Sally



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

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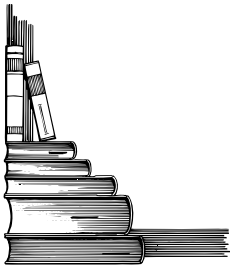
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Library Notes



Boxes, boxes and more boxes! The Siouxland Center for Active Generations Library is getting ready again for a book sale. So many varieties and in many cases, a choice of paper or hard cover. It's your chance to buy books or movies for a good price and help a good cause.

A volunteer who shared a box came in with biographies. They are on the shelf and ready to be checked out. How nice it is that people think of us with their donations. Thank you again for your kindness.



Perspective: To a kid with a hammer, everything in life is a nail! Old age confusion: He won't act his age, she

won't admit hers!

See you next month!

— Gwen Brummel

Riddle _____

"What is it the more you take, the more you leave behind?"

Answer: Footsteps

"When is a door not a door?"

(Answer in November's Sunshine News)

Punster Fun

No matter how much you push the envelope, it'll still be stationary.

Start Somewhere Walk



On Friday, October 7, members and nonmembers alike joined others in the first statewide Start Somewhere Walk. Twenty seven individuals spent 15 minutes in laps around the block as we joined other Iowans in this quest for improved health.



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Chorus News



As I write this, we are practicing for the Follies, but by the time you read this, the Follies will be behind us and we will be thinking and planning for Christmas.

We have enjoyed working on our Follies music this year. Well, we always like what we sing but this year it has evoked special memories of the war years and where we were and what we were doing. Many of us had family members serving in the armed forces, so we particularly enjoyed singing the medley of the "fight" songs for every branch.

We hope to sing out a few more times before we have our winter vacation and we usually sing at the Christmas party; we'll see you then. If you like to sing four-part music please consider joining us in the Spring. We will have the Winter off and beginning again in late March or Early April. It is a fun thing to do and we are a most friendly bunch!

Happy Thanksgiving everyone.

-Virginia Livermore

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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:

Siouxland Center for Active Generations Investment Fund
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Address _____

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NOVEMBER BIRTHDAYS

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

1. JEAN L. ELLIS, Carlotta Fox, Marilyn Haller, Mary S. LeClair.
2. Curtis Abney.
3. Robert Blenderman, Joan Guillaume, Patricia A. Harbeck, Robert Jaynes, Bonnie Jonas, William Stephens, ARLENE WHITE.
4. Casey Brummel, John Iversen, Patti Marvin, Darlene Stusse.
5. James Johnson, JoAnn Mack, Richard McArthur, Andrew Robak, Linda Simons, Dennis Usher.
6. Cleo Brehm, Ronnie Demeter, Barbara Eggink, James Tiefenbach, David Zirpel.
7. Lois Zunker.
8. Louise Bernoski, Kathy Bruyere, Richard Dodds, Maureen (Mo) Haley, Junior Law.
9. Freda Coury, Arnold Frerichs, Robert Mohan, Stanley Navrude, Sr, LEONARD SCHONROCK.
10. Shyrl Schroeder.
11. NONE
12. ESTHER HATTENBACH, Keith Rittscher.
13. Mary Ann Chesley, Dorothy Erwin, Dennis Willis.
14. Evelyn Allner, Cathy Berg, Marlene Frank.
15. Jean Dunn, LaWayne Hinrichsen, Ronald Juarez, Sue Olson, Ronald Pettit, Irene Pyle.
16. Jose Bautista, Beverly Hall, Pamela Hanson, Marlene Lindell, Gerold Mathewson, Judy Sabag, Shirley Strom.
17. Ronald Dirks, Mona Kelly.
18. DONNA CLARY, Ellene Mendenhall, Raymond Ramirez.
19. Bernice Meloy, Marilyn Wallen.
20. Joan Atwood, EDGAR FLAMMANG, Russell Harvey, M. Donna Johnson, Jim Lodge, Russell Martin
21. Linda Hall, Mary M. Hammack, Shirley Hexamer, LOIS MARTYN, HELEN ROWLAND.
22. Janet Burkett, Dorothy Crim, Laila Gray, Kenneth Kathol.
23. Marcia Binau, Phil Cain, Kyongae Hanshaw, Cecil Larson, Frances Marx, Dolores Reifke, Marcella Scott.
24. Mary Nyhus.
25. Rose Andersen, William Schindler.
26. Glenn Drake, Virgil Reed, Susan Young.
27. Eugene Anderson, Ivy Taylor.
28. Dorothy Henry.
29. ROSE M. BOCIAN, Connie Kouris, Patricia Rowse, Gerry Welch.
30. Bonnie Achord, Dorothea Eickholt, Mary L. Ferrari, Velma Harbeck, Ione Schreck.

NEW MEMBERS

September 15 - October 14

Angela Bruce	Nadine Herfel
Mildred Bach	Daniel Harrington
Frances Prewitt	Helen Bundy
Marcia Hovland	Jane Pollard
Diane Baker	Laura Knowlton
Marcia Schneiderman	Marsha Adams
Charles Warren	Judy Sabag
Carol Krumwiede	Jeannette Beekman
Della Emmick	Corinne Holman
Colleen Saltzman	Marcella Scott
Myrene Vaudt	Lee D. Zimmerman
Patricia Mustain	Carol Junck
Joanie Rizk	Arlene Rodeen
Jason Rush	Jackie Poznanske
Eldon Cleveland	Rita Nelson
Nancy Bradley	Karen Johnson
Charles Traxler	Diane Sorensen
Diana Twidwell	Russell Martin

WE REMEMBER

September 15 - October 14

Robert G. Barnum
Helen Edwards

NEW LIFETIME

Richard Boyle

MEMORIAL

For Margo Huitt

By Don & Coleen Chapman, Kay & Margaret Bonthuis, Allan & Mary Delaney, Cheryl & Craig Hart

For Louretta Brooks

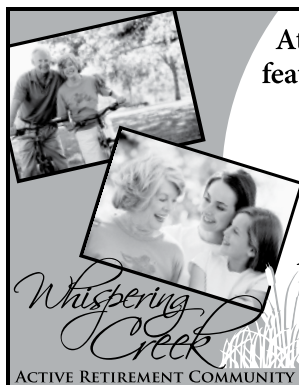
By Gene & Pat Windeshauser

For Robert Mercer

By Carol Lee Larson

Successful Book and Movie Sale

We would like to thank all of those involved in the recent Siouxland Center for Active Generations Library book, VHS and DVD sale. Our volunteers had the opportunity to sell extra items as well as duplicates. This helps to clear the Library shelves and make space for new donations. We thank Helen Eriksen for organizing this two day event, as well as the numerous volunteers who helped her.



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News for information
on the 2011 Christmas
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DEADLINE: Please turn items in on, or before November 8th so they can be included in the December 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 or Saturday Night Jam Session 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

September 15 – October 15

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.

Curtis Abney; Millie Abrahamson; Evelyn Allner; Gerald Barth; Shirley Barth; Jean Beller; Kris Bergstrom; Cleo Brehm; Dolores Carey; Miriam Clayton; Alice Coppock; Kathleen Determann; Agnes Donovan; Helen Edwards; Howard Gebhardt; Rose Gilson; Virginia Gries; John Haller; Marilyn Haller; Wanda Hamel; Virginia Hamner; Connie Hansen; Robert Hansen; John Hartnett; Arlene Held; Vernon Hughes; Arvin Jacobsma; Pat Jacobsma; Betty Jansen; Robert Jaynes; Dick Johnson; Burleigh Jurgensen; Sally

Kimball; Geneva King; Mary Knudsen; Alyce Konold; Donna Krohn; Mike Lennon; Art Lindell; Marlene Lindell; Janette Linden; Lois Mahr; Harold Moline; Mike Mullen; Sandra Oberman; Joanne Peters; Betty Pierce; George Polak; Maxine Polak; Dee Sachau; Mabel Saleh; Don Schultz; Marilyn Schultz; Wendell Shouse; George Smith; Margaret Sopoci; Maureen Tague; Rosalee Taylor; Mercedes Tilton; Arlene White; Elizabeth Wilson; Pat Windeshausen