

# Sunrise Club *Newsletter*



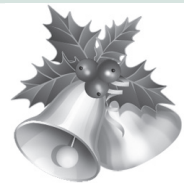
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Calendar of Events	
Thu, Nov 12	Ozark Jubilee & Mayowood Rochester, MN
Wed, Dec 2	Holiday Movie Day 1:30 Decorah Bank Training Room
Friday, Dec 11	Holiday Open House Cresco Bank & Trust
Friday, Dec 18	Holiday Open House Decorah Bank & Trust Co.
Wed, Jan 13	Bingo in Decorah 2:00 Senior Meal Site
Thu, Jan 28	9:30 Coffee with Roger & Syd Followed by Bingo until noon Cresco Bank & Trust
Sat, March 13	Mama Mia @ Orpheum Minneapolis

## Bulletin Board

### Holiday Movie Day

1:30 - Wednesday, December 2    Decorah Bank Training Room  
 Join us for an afternoon to enjoy a feel good holiday movie! Will it be a favorite from years gone by? Or a more recent release that you may not have seen? Either way, it's sure to be a nice time to see your Sunrise Club friends during the holiday season! (And a good time to drop off your gift for Santa for Seniors.)



### Holiday Open Houses

Cresco Bank - Friday, Dec 11    Decorah Bank - Friday, Dec 18  
 We'll have homemade goodies and hot apple cider for you to enjoy. Stop by either (or both) location to visit with your favorite banker and pick up your 2010 calendar!

### Bingo in Decorah

2:00 - Wednesday, Jan 13  
 Join your friends for an afternoon of fun at the Senior Meal Site on River Street in Decorah Wednesday, Jan 13. We play from 2:00 - 4:00 with a break for treats.

### Bingo in Cresco

10:30 - 12:00 - Thursday, Jan 28  
 Cresco Meeting Room after 9:30 morning coffee with Roger & Syd!  
 The cost to play is still just \$1 per person in Decorah or in Cresco, invite a friend to come along!



### Stay Connected!

We have added another connection to stay in touch with our customers and friends! Decorah Bank is now on Facebook. Become a fan to follow our tips, pictures, and news bits

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For more information or to sign up for a trip, please call Syd Stephenson in Decorah (563-382-9661) or Lori Truka in Cresco (563-547-2244).

## Notes from Syd

The summer is past, our hours of daylight are getting much shorter, cool breezes (cold winds really) remind us of the months to come! And yet we've enjoyed many pleasant days of autumn, the foliage on the bluffs blazing with color - we would just like some sunshine to brighten our days! The weather, what would we talk about if we couldn't complain about it? Let's talk about important things like family, money & what's happening with the Sunrise Club!

### Mystery Revealed

A fun day spent in Waterloo, Cedar Falls, Quasqueton & Independence. The first stop was the John Deere assembly plant for a tour, very interesting with retired workers telling stories of the changes they've seen through the years. Lunch was next in Cedar Falls at "Barn Happy", a reclaimed farm with the barn and several buildings remodeled for a restaurant, gifts and antiques - great food & staff, definitely worth checking out! Then we headed east to Cedar Rock, a home designed by Frank Lloyd Wright outside of Quasqueton, a Unitarian style home from around 1950. Our supper stop was at the Homestead Restaurant in Independence, near the Heartland Acres Agribition Center (a good place for another day trip someday!)



### Ladies Day - Galena IL

We had 35 ladies join us in September for a trip to Galena to experience a culinary tour. Our day included a delightful catered lunch with a demonstration of pickling and preserving from a local business woman. We had shopping time escorted by "Learn Great Foods" staff to introduce us to retail shops that specialize in unique culinary items. A stop for dinner at Breitbach's new restaurant in Balltown completed our 2009 Ladies Day Trip.

### Fall Day - Spring Green WI

The House on the Rock was the first scheduled stop on our sunny fall day in October. Many of our travelers had been there before but not for many years...there have been a lot of additions over time! We added a quick stop on the way to Wisconsin to enjoy the sunrise at Pike's Peak in MacGregor - what a wonderful view! Our afternoon started with lunch at the visitor's center at Taliesin, then a tour of Frank Lloyd Wright's Hillside School - an interesting introduction to one of the architect's first designs and a chance to learn about him and his legacy. Another surprise stop was at a cheese factory before a little time in downtown Spring Green. Following a drive along the Wisconsin River, we stopped in Prairie du Chien for supper.

My Favorite quotes from Frank Lloyd Wright:  
 "A doctor can bury his mistakes but an architect can only advise his clients to plant vines."  
 "Youth is quality, not a matter of circumstances!"



## Blessings for the Season

As we move through the end of this year into 2010, remember warm wishes are with you and your loved ones from your friends here at Decorah & Cresco Bank & Trust Co. We are thankful to have you as part of our family of customers!

Be sure to join us for our Christmas open houses in Cresco on Friday, Dec 11 or Decorah on Friday, Dec 18. We hope that the holidays and the new year will bring much happiness and peace for you!



## Harvest Ball at Nob Hill

Thank you to all of you that attended our annual dinner dance this fall! We delivered almost 400 items for the local food shelves in Howard & Winneshiek County.

We look forward to planning our next year's events!



## Santa for Seniors

### Gifts accepted until December 15



You can help make this Christmas season a little brighter for a home-bound resident.

We will be collecting gifts for area nursing homes & agencies until December 15 at Decorah Bank & Trust Co.

New items should have the contents labeled & designated for male or female on the outside of the wrapped gift.

Some gift ideas include: socks, slippers, lotions, deodorants, soaps, aftershaves, mittens, boxed greeting cards, stamps, taxi coupons, or hair coupons for nursing homes.

If you have questions about our Santa for Seniors program, please contact Syd at 382-9661. Please consider helping to make this Christmas special for everyone!

## Day Trip

### Mamma Mia

Saturday March 13 - Orpheum Theater - Minneapolis

RSVP by Jan 1

Mamma Mia! One of Broadway's most popular hits - with songs from Abba brought to life to tell the story of a single mom planning her daughter's wedding on the Greek island where she lives. The bride invites three men from her mother's diary to her wedding so she can find her father. Colorful and fun, this is a sure to please hit!

Call soon to sign up for this fun musical at the beautiful Orpheum Theater in downtown Minneapolis! This would make a great Christmas gift for yourself or a loved one! Lunch is included before the 2:00 matinee.

Call soon to reserve your spot - pay in full by Jan 1. Cost for this day trip is \$145.



## "Social Butterflies Stay Nimble"

From CSA "Wisdom to Age Well" Vol. 2, No. 3

A new study suggests that maintaining a social life keeps motor skills intact. The Rush Memory & Aging Project studied the frequency of social activity and its effect on motor function in 906 older adults from 1997 to 2008.

The data suggests that people who were less socially active, lost motor skills faster than those who were more active - in effect, aging more rapidly.

Withdrawing from activities and family and friends can be a trap many seniors fall into. Although this type of withdrawal has always been recognized as a mental health concern, it is now known to have physical health consequences as well.

### Live a Little!

For overall health, it is important to have fun! Connecting to others can take many forms, from volunteering to going out with family or friends for a meal. When people offer a ride to church or a movie, take them up on it! **Classes in various subjects, on campus or online, connect seniors with others who share similar interests. Day trips or overnight jaunts with family or groups provide ample opportunities to keep in touch.**

Staying social may take a little effort, but the rewards are important. We all know it battles loneliness. Now science is showing battles the ill effects of aging. Isn't it nice to know there is something besides broccoli to keep us young at heart?

Seems like another great reason to enjoy some of our Sunrise Club activities, doesn't it??



## Decorah Bank & Trust

### Vision:

To be the bank people think of first when they have a financial need.

### Mission:

Exceed customers expectations by helping them determine and achieve their financial goals.

Strengthen our community by providing time, talent & resources.

Our hope is that Sunrise Club activities are valuable to you:

To learn about interesting & pertinent subjects, such as financial solutions, family matters, health issues, environmental topics and more with seminars we offer.

To enjoy time with friends - we offer a variety of social outings - bingo, movies, annual dinner dances, enjoying local sights & events.

To travel on trips, whether a day or longer, with the rising cost of fuel, enjoy carefree travel together & save money!

Destinations are chosen to help you experience some of life's best travel adventures!

If you know of any friends or relatives that may want to become members of the Sunrise Club, let us know at the bank or invite them along for an activity. We'd be happy to have them to learn more about us!