

2017 Onward Upward Outside program a big success

The 2017 "Onward Upward Outside" program through the Senior Center has become a big success. The idea to get people outdoors has been popular in recent years.



JEAN HARM

"Get the Girl Outdoors" is a program initiated by GSUSA in 2014. The Sheridan Recreation District has a "Fresh Air Fridays" program for local youth.

The Senior Center Fun Department realized the outdoors are not just for youth, young adults and young families. Jane Perkins and I started a day-hike program in the spring of 2016 with the Sheridan Community Land Trust. The hikes were scheduled throughout the spring and summer seasons and took place on the Red Grade and Soldier Ridge trails. Transportation to the trails was by carpooling.

During the winter months of 2017, Jane and I decided to expand the hiking program by recruiting hiker/geologist Steve Stresky, some Big Horn Audubon Society members, Wyoming Wilderness Association staff member Heidi Davidson and Senior Center client Linda Spear. We met several times during the winter and early spring to plan day hikes for April through October. We came up with 12 hikes. Coincidentally, the planning committee members are all

Sheridan natives and grew up in outdoor-loving families.

That said, we definitely did not frequent the same areas of our lowlands and Bighorn Mountains. Steve is the leader of the hikes, with the exception of two Audubon society hikes. Peter Lecholot led the avian adventure at The Brinton in April. Chuck Bailey led the birding hike through the Amsden Wildlife Habitat in early June. I serve as the senior center support person on the hikes.

Because the committee's familiar and favorite areas vary greatly, we have been able to plan a very diverse schedule of day hikes. Three of the hikes have been new places to me and two new areas for Steve.

Three hikes are still available in July and August. On July 24 the group will head to South Piney trail in Story. It's an intergenerational hike, so feel free to bring grandchildren. Aug. 12 and 13 we'll head out on a Rock Creek geology hike and campout with Steve Stresky, or make the return hike on Aug. 12 with Julie Greer. On Aug. 30, a trip is planned to Shred Lake for hiking and fishing.

These hikes require you to bring your own lunch, water, hiking equipment, fishing gear and license; and to pre-register at the Senior Center or Wyoming Wilderness Association. The carpool method of transportation has been working well and the drivers are greatly appreciated.

The Senior Center has bicycles to check out for up to 72 hours. Get out and pedal the Sheridan

Pathways. Pathway maps are available at the Sheridan County Chamber of Commerce, 171 N. Main St., and Sheridan Travel & Tourism, 1517 E. Fifth St.

The Senior Center day trip program has a long history. I have been organizing the day trips for the past seven years. I try to compile an interesting, appealing and diverse schedule of day trips. The day trips are in cooperation with the Sheridan Recreation District and Tongue River Valley Community Center. SRD makes the transportation possible by providing their vans for a minimal fee. TRVCC provides a bus if three or more Tongue River Valley residents register for a trip.

Folks who are registered with the Senior Center are asked to make a suggested contribution to cover the cost of the trips. Unregistered folks must pay a fee. All of the trips require pre-payment and registration at the Senior Center.

We have four remaining trips in July and August. The first is a boat tour in Big Horn Canyon on July 18. (Sorry it is too late to register.) Then, July 30 is the Underground Miners Picnic at Pine Island. The miners will provide lunch and entertainment. On Aug. 20, an afternoon at the polo game with water and snack provided is planned. Aug. 30-31 is the final trip of the summer. It is an overnight trip to Thermopolis. The itinerary includes the dinosaur museum and dig site tour, swimming or soaking in the hot springs, Legend Rock petroglyphs and Meeteetse Cowboy Chocolate factory.

Come join us for fun in the outdoors. New friendships have been formed. Old acquaintances have been rekindled. Beautiful scenery and new places have been discovered. Knowledge on geology, birds and flowers have been acquired. All of this because people have gone Onward Upward and Outside!

For more information and the fine details call me at the Senior Center at 672-2240.

GUEST COLUMNIST JEAN HARM is a staff member and the coordinator of day trips with the Sheridan Senior Center's Fun Department. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.



COURTESY PHOTO

After living and working in New Jersey for much of his life, Ken Stubaus has embraced everything he can about Sheridan as his new home. Stubaus moved to the area in 2013.

Jersey man embraces Sheridan as lasting home

FROM SHERIDAN SENIOR CENTER

SHERIDAN — His footsteps followed those of his German and Italian ancestors who immigrated to the coastal shores of the United States for a new life. And like many who settled along the foothills of the Bighorn Mountains, and his own family before him, Ken Stubaus kept moving west until he landed in Sheridan.

Born and raised in Jersey City, New Jersey, Stubaus is the second youngest of nine boys. He left school after eighth grade to help support the family. It was an era when men could find a job without the benefit of a high school diploma.

"It's also what I had to do," said Joe Bickens, Stubaus' uncle also of Sheridan. "I had to leave grade school to go to work to support the family."

Stubaus first went to work sanding pipes in a pipe factory in Jersey City. "It was the pipes you smoke, not plumbing pipes," Stubaus said.

A 22-year career in housekeeping for St. Ann's Nursing Home followed before retiring. Asked if he felt that he had to overcome any particular challenges in life, the soft-spoken Stubaus says no. Bickens agreed.

Stubaus retired and moved to Sheridan after a stay with a brother in Texas. Some of his New Jersey family had moved to Sheridan, including Bickens. Stubaus had visited family here over the years and was familiar with the area.

Stubaus didn't waste time embracing Sheridan.

He enjoys grabbing family and friends to join him for the summer concerts in Kendrick Park and the WYO Theater New Vaudevillians and horror film series. Last week, Stubaus participated in his second Sheridan Rodeo Week Boot Kickoff.

"I learned from (the year before) that I need a bigger size boot," Stubaus said.

Movies at Centennial Theatres and dinner with family around town are fun for Stubaus, but he has also embraced

his new Sheridan home on another level. Stubaus brought with him a passion for volunteering at thrift stores.

Someone had suggested to Stubaus to register at the Sheridan Senior Center when he had turned 60. The volunteer registrar talked with Stubaus about volunteering. He was intrigued with the center's launch of a thrift store and jumped in to help at the Green Boomerang then on Werco Court. He was one of the key players in helping the store move to its current location on Main Street.

Today, Stubaus is a steady and regular volunteer for the Sheridan Senior Center's Green Boomerang. He treats his time at the Green Boomerang like a job.

"Ken is one of these people who is always there to help," volunteer Mae Dean Reed said. "He'll ask me what he can do to help even before I have a chance to ask him."

Stubaus brings his strong sense of duty to the group in not only his fun times but also to his volunteerism.

"He's there six days out of the week," said Amanda Munford, Green Boomerang manager. "He helps with recycling and cleans the store on Tuesdays. He likes being part of our family we have."

Stubaus jumps in to help in every department in the shop and it is known among his fellow volunteers that he knows every thrift store in town. If they need something from one of the other stores, Stubaus is the go-to man.

"He is a quiet giant with a gentle spirit of caring," said Terri Hayden, director of volunteer services for the Senior Center.

Stubaus has extended his Sheridan family to include his fellow volunteers.

"It's fun to work with everybody," said Stubaus. "Everybody here at Green Boomerang is nice and nice to work with."

At the at fun events around Sheridan or while he is volunteering, Stubaus has embraced Sheridan fully.

SENIOR HAPPENINGS

• Arts and crafts day for everyone will take place Thursday, July 20, in the

dining room at Sheridan Junior High School, from 9:30-11:30 a.m. No need to sign up and no fee. Come join us! Sponsored by the Sheridan Senior Center.

• The AARP Safe Driver Course has been rescheduled to July 22. The location has moved from the Sheridan Senior Center to the Sheridan County Fulmer Public Library and will meet at 9:30 a.m. The cost is \$15 for AARP members, \$20 for non-members, and payable to the instructor at the class. Must call 672-2240 in advance to sign up so the instructor can bring ample instruction materials.

• A South Piney Canyon hike will take place Monday, July 24. This is an intergenerational activ-

ity with local Girl Scouts, the Wyoming Wilderness Association ambassadors and Senior Center participants. Advance sign up required by July 19. Bring your own lunch (no lunch is included in this activity). Carpools leave the Senior Center at 8:15 a.m. This hike will be led by volunteer Steve Stresky.

• The Underground Miners Picnic at Pine Island is set for Sunday, July 30. You don't have to be a coal miner for this trip! Lunch and live music provided for no charge. If you would like a ride, the cost for round-trip transportation from the Senior Center at 211 Smith St. is \$18 per person; the suggested contribution for a round-trip ride is \$13 per person. Transportation

must be paid by July 21 to determine if enough riders can justify a bus. Hours to sign-up and pay at the Senior Center are Mondays through Fridays, 9 a.m. to 1 p.m. Riders from Heritage Towers must contact Jean Harm at 672-2240, ext. 108. The bus will leave Heritage Towers at 9:45 a.m. and the Senior Center at 10 a.m. This activity will be led by Jean Harm.

• Due to construction, entrance for the general public to the Senior Center at 211 Smith St. is through the lobby doors located on the east side of the building. Off-street parking is available. The Senior Center's hours at the Smith Street location are Mondays through Fridays, 9 a.m. to 4 p.m.


www.sheridanseniorcenter.org

Fun and Food
BUILD YOUR OWN SALAD Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Tue - Baked Breaded Cod/Tartar Sauce		
Wed - Spaghetti w/Meat Sauce		
Thu - Ham Loaf/Pineapple Sauce		Salad Bar Available daily excluding weekends and holidays
Fri - Chicken Fried Steak		
Sat - Ham and Mac Bake		
Sun - Swedish Meatballs		
Mon - Turkey Pot Pie		

*entrée only offered for Home Delivered Meals

Fitness Room Access at Senior Center through North Door. Follow signage

Tue - BH Canyon Boat Ride/Wild Mustang Tour group departs 8:00 a.m.		
Wed - B.A.M.	9:30 a.m.	Fitness Room
Thu - Cribbage	12:30 p.m.	Junior High
Fri - Bridge	12:30 p.m.	1 st United Methodist Church

Sat and Sun - Join us for lunch at the Junior High on Lewis Street

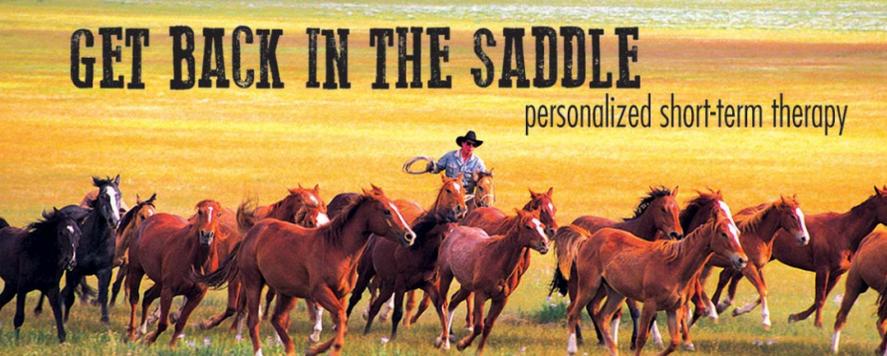
Mon - Table Tennis	1:00 p.m.	Fitness Room
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Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year
Join us for lunch in our temporary lunchroom during the summer at Sheridan Junior High, 500 Lewis St
Home Delivered Meals (307) 672-6079

Outreach and Administration Services, 672-2240, 211 Smith Street:
9:00 a.m. to 4:00 p.m. Mondays - Fridays. Loan Closet 10:00 a.m. to 2 p.m. Mondays - Fridays.
Closed weekends and holidays during the 2017 summer.
Help at Home Services, 675-1978, 232 North Brooks; Mondays - Fridays.
Day Break Adult Care Services, 674-4968, 241 Smith Street; Mondays - Fridays.

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