

# Activities at a glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am	Happy Feet		Happy Feet	Select Winter Outings	
9 am	BOOM	Walking Club	BOOM		BOOM
10 am	BAMM		BAMM		BAMM
12 noon					
1 pm	Table Tennis		Table Tennis		Table Tennis
1 pm	Billiards		Billiards		

## FITNESS & OUTINGS

### Happy Feet

Meeting in person at the WYO Theater.

Sign-up required. Max 10 dancers.

Fun, upbeat, cardio dance class led by wonderful, longtime Hub Volunteer Instructor, Sherry Mercer.

Monday • Wednesday • 8:00–8:45 am • \$2 s.c.

WYO Theater Rehearsal Hall 3rd floor.

Wear a mask, enter through doors on Brundage St, and take the elevator.

### BOOM

Meeting in person at the WYO Theater & on Zoom.

Sign-up required. Max 15 exercisers in person.

Functional fitness exercise class including low-impact cardio, strength training, flexibility, and balance moves. Led by Lisa Wells, Hub on Smith Fun & Wellness Coordinator, Certified Group Fitness and Registered Yoga Teacher.

Monday • Wednesday • 9:00–9:45 am • \$2 s.c.

WYO Theater Rehearsal Hall 3rd floor.

Wear a mask, enter through doors on Brundage St, and take the elevator.

### BAMM (Basic AM Moves)

Meeting in person at the WYO Theater & on Zoom.

Sign-up required. Max 15 exercisers in person.

Same focus and moves as BOOM exercise class, except cardio portion done in a chair to be no-impact vs. low impact. All abilities welcome. Also led by BOOM Instructor Lisa Wells.

Monday • Wednesday • Friday

10:00–10:45 am • \$2 s.c.

WYO Theater Rehearsal Hall 3rd floor.

Wear a mask, enter through doors on Brundage St, and take the elevator.

### Hub Walking Club

Meeting in person at the YMCA and out of doors.

Sign-up required.

Tuesdays • 9:00–10:00 am • No Charge.

Walk through winter regardless of the weather. Meet at the Sheridan Co YMCA Gym 3 and we'll decide if we stay inside or go out of doors. Either way, we'll get in a good one hour walk.

Sheridan County YMCA Gym #3. Wear a mask and enter through the specially designated "Senior Entrance" door #3 located at the back of the Y facing Alger Street.

### Virtual Gentle–Stretching Yoga

Meeting on Zoom. Sign-up required with Instructor.

Join Donna Stubbs, 20 years experienced Yoga practitioner, for this whole body, mind, and spirit class. Meets on Zoom two times weekly. For information and to register contact Donna directly at donna@thefiberhouse.com or 307-673-0382.

Thursday 5:30 pm & Sunday 5:00 pm

### Table Tennis

Meeting in person at the YMCA. Sign up required.

Join this fun and competitive group to sharpen your skills and have some fun.

Monday • Wednesday • Friday • 1:00–2:00 pm  
YMCA Racquetball Courts.

### Billiards

Meeting in person at the Hub on Smith.

Sign-up required. Max eight players.

We are back in The Hub for limited activities in April and Billiards is one of them. Improve your focus while having a good time. We have pool cues to use or bring your own.

Monday • Wednesday • 1:00–2:00 pm • \$2 s.c.  
Enter through the Hub North Entrance.

# Activities

## **Snowshoe, Cross Co Ski, & Hike with Steve Stresky** **Meeting in person in the great out of doors.** **Sign-up required.**

Steve—hydro geologist, avid hiker, talented banjo & guitarist, and longtime Hub volunteer—will continue to lead us this spring on six fun outings throughout our beautiful Bighorn Mtns and surrounding area. Each trip location will be decided on a few days before, depending on weather and conditions, and be communicated with those registered.

### • **March & April Outings**

We will probably take advantage of late-season snow, although we may hike if the winter is dry. Depending on conditions, we will choose among local cross-country ski areas in the Bighorns. These areas all have options for various lengths and terrain that we can choose from once we get to the area. Elevations range from 7,000 to 9,000 feet and have groomed trails for both skiing and snowshoeing.

**Locations include: Cutler Hill, Antelope Butte, Pole Creek, and Willow Park.**

### • **May & Dry-Weather Outings**

These hikes will take place locally near Sheridan. Depending on conditions, we will be on trails that have options for various distances and terrain appropriate for our group. Some trails are open prairies, and others have a gentle grade along a creek. We have forested hikes, and other options for gentle, and paved trails.

**Locations include: SCLT Red Grade, the Hidden Hoot trails, Buffalo Run Creek, William Mentock Trail, and Piney Canyon.**

**Sign up for more information.** Meet at the Hub parking lot by Whitney Park at 9:30 am and we will be back by 4:30 pm Bring a lunch, water, and mask for carpooling.

**Thursdays • March 11th & 25th • April 8th & 22nd**  
**May 6th & 20th.**

## **VIRTUAL LEARNING OPPORTUNITIES**

### **The Hub on Smith's Victory Garden** **Meeting on Zoom. Sign-up required.**

Our small-scale gardening is expanding. Although we plan to continue growing herbs around the Hub, we also now have a 675 square foot garden plot. There may be snow on the ground now, but it is time to start planning, preparing, and dreaming. If you

have a passion for gardening, come share your tips and tricks. Let's grow together and create beautiful and delicious takeaways. Led by the lovely, soon-to-be Master Gardener, and Hub Fun & Wellness Coordinator, Amanda Munford.

**Thursdays • 1:00 • March 4th & 18th**  
**April 1st, 15th, 29th • May 13th & 27th**

### **In the Kitchen with Georgia and Dan** **Livestream event on** **Cottonwood Kitchen** **Facebook Page**

Login to take part in this wonderful cooking demo with Aaron Schanzenbach at Cottonwood Kitchen, Hub Executive Chef Dan Cole, and Registered Dietitian Georgia Boley. Spices are an aromatic, delicious

part of daily meals for most of us. Compared with other cultures, however, North American cooks tend to use far fewer spices per dish. This deprives us of the many powerful health aspects herbs and spices bring to the table, not to mention taste. Log on and gain confidence to expand your herb and spice rack, including oregano, thyme, dill, turmeric, garam masala, cinnamon, allspice, caraway.

**Saturday • April 3rd • 11:00 am**

### **Sheridan Community Land Trust** **Virtual History Tours**

#### **Meeting on Zoom.**

**Register at <https://sheridanclt.org/>**

SCLT works to preserve the heritage of open spaces, healthy rivers & creeks, working ranches, wildlife habitat, and vibrant history, while expanding recreation opportunities to connect people with the places they love. Explore our community's unique history by attending one of their following tours:

- **March 11 at 5:30 pm** The Human Migration of Southeastern Sheridan County
- **April 13 at 2:30 pm** History and Heritage Hike on SCLT Soldier Ridge Trail w/ Donovin Sprague, Sheridan College History Faculty
- **May 6 at 5:30 pm** Big Goose Creek Virtual Tour



# Activities

## Doc Talk

**Meeting on Zoom. Sign up required. Early is better to receive the Meeting ID & Password.**

Developed by Kris Schamber, MD, with Sheridan Memorial Hospital – Internal Medicine, this special series offers time with knowledgeable community physicians who speak about various health topics in an informal setting.

- **March 16th • Noon** Covid-19 Updates and Vaccines with Kris Schamber, MD.
- **April 15th • 9:30 am** Experience More Joy– Mindfulness Matters with Vivianne Tran, Psy. D.
- **May 13th • Noon** Women’s Health Issues with Lindsay Capron, Ob–Gyn.

## The World of Tea

**Introductory Class w/ Judith Leavitt, President, TalkingTea LLC and Author of Talking Tea: Casual Tea Drinker to Connoisseur (2020)**

**Meeting on Zoom. Sign-up required. Early is better to receive the Meeting ID, password, and teas.**

After water, tea is the most consumed beverage in the world. In the first week of this class, you will be introduced to the fascinating world of tea. You will hear the myths of the origins of tea, learn where tea is grown in the world, how tea is processed to make the six types of tea, and how to make the “perfect cup of tea.” In weeks 2–4, you’ll gain in-depth knowledge of 12 of the 48 teas listed on the Periodic Table of TalkingTea, a unique tool for learning about specialty teas from India, China, Japan, and Taiwan. A handy tea tasting chart and samples of the 12 teas will be mailed to class participants.

Fee for teas: \$10. Payment arrangements made at time of registration.

**Wednesdays • March 10th, 17th, 24th, and 31st. 12:45 pm**

**A Book Study of–*This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite**

**Meeting on Zoom. Sign up required. Early is better to receive the Meeting ID and Password.**

Join Heather Comstock, Hub Family Caregiver Services & Dementia Care Educator, and Lisa Wells, Hub Sr Fun & Wellness Coordinator, in this community conversation that meets weekly as we digest “One of the 100 best books to read at every age,” per The Washington Post. Prepare to enrich the learning experience through respectful, lively discussions of thought-provoking questions. “Sometimes a writer does us all a great favor and

switches on a light. Snap. The darkness vanishes, and in its place, we find an electric vision of new ways of living...*This Chair Rocks* illuminates the path.” Dr. Bill Thomas, founder of ChangingAging.

**Tuesdays • 2:00–3:00 pm**

**April 6th, 13th, 20th, 27th • May 4th, 11th, 18th, 25th**  
**Cost: Purchase your own copy of the book.**

## Artist Talk w/ Elaine Olafson Henry

**Meeting on Zoom.**

**Sign up required.**

**Early is better to receive the Meeting ID & Password.**

Elaine Olafson Henry is a vibrant, internationally published, exhibited, and collected ceramics artist, curator, writer, and local volunteer.

“Not everyone is linear in their career path, and I certainly have not been. I am originally from Minnesota and have lived in nine states, and the final one is Wyoming.” Elaine’s voyage has included being a student, gift wrapper, telephone solicitor, chicken cook, trophy shop owner, potter, university

professor, international ceramics magazine editor and publisher, and more. Always a student, Elaine just finished getting a Masters’ Degree in Literature at the University of Wyoming and lightheartedly shares, “you can go to school for free when you reach age 65.” Enjoying residencies in more than 10 countries because of her beautiful ceramic art, Elaine will take us on a tour of the evolution of her work.

**Thursday • April 29th • 10:00 am**

## The World of Tea – Advanced Class

**Meeting on Zoom. Sign-up required. Early is better to receive Meeting ID, Password, & Teas.**

In the Introductory World of Tea class, tea drinkers tasted the first 12 teas on the copyrighted Periodic Table of Talking Tea, a unique tool for learning about specialty teas from India, China, Sri Lanka, Taiwan, and Japan. In this Advanced World of Tea class, Judith Leavitt and participants will continue the journey from casual tea drinkers to tea connoisseurs



# Activities

while expanding their knowledge of an additional 12 teas from the Periodic Table. In Week 1, tea drinkers will sample a white tea, a yellow tea, and a special pu-erh tea. In Weeks 2-4, participants will taste three green, three oolong, and three black teas. Samples of the teas will be mailed to class participants. Fee for teas: \$10. Fee for teas and a Periodic Table of Talking Tea teacup: \$18. Payment arrangements made at time of registration.

**Wednesdays • May 5th, 12th, 19th, 26th • 12:45 pm**

## **Adventure Talk-Lines on a Map: 9,000 Miles by Human Power**

**Meeting on Zoom. Sign up required. Early is better to receive the Meeting ID & Password.**

Steve Stresky has endured three long-distance adventures on foot and bicycle that span a total of 9,000 miles. Join him in May for stories and photographs from two cross-country bicycle trips and a through-hike of the Appalachian Trail, comparing challenges and mindsets among the trips. Steve is a retired geoscientist, and spends free time hiking, biking, running, and skiing. He participates in nearly all the local events, including running and biking events and trail runs. Steve has partnered with The Hub, the Wyoming Wilderness Association, the Sheridan Community Land Trust, and the YMCA to lead outings and advocate for uses of public lands.

**Thursday • May 27th • 10:00 am**

## **Tech Practice Sessions**

**Meeting in person at The Hub on Smith and on Zoom. Sign-up required. Max 10 participants.**

Want to take part in Zoom events but would rather test it out first? Want to share photos or order groceries on-line? Or do you have other basic technology questions? Great! Bring them and your own device or borrow one of ours for these in-person and online tech support gatherings.

**Thursday • April 15th • 1:00-2:00 pm**

**Hub Art Studio**

**Thursday • May 13th • 10:00-11:00 am**

**Hub Art Studio**

## **University of Wyoming Tech 2 Connect Basic Device Use**

**Quality On-Line Tutorials**

Is technology leaving you with questions instead of answers? University of Wyoming provides many wonderful tutorials on how to use your tech devices. Type in **Tech2Connect** in the search engine. Scroll

down and click on **Educational Videos on Basic Device Use** or even take advantage of their **Open Labs**. If viewing this newsletter electronically, click on the following link:

**[https://www.uwyo.edu/wycoa/tech2connect-folder/tech2connect\\_basicdeviceuse.html](https://www.uwyo.edu/wycoa/tech2connect-folder/tech2connect_basicdeviceuse.html)**

## **Kanopy Streaming Videos**

**Quality On-Line Opportunity**

Are you a member of **Sheridan Fulmer Library**?

As a member you get access to Kanopy. Kanopy showcases more than 30,000 of the world's best films, including award-winning documentaries, rare and hard-to-find titles, film festival favorites, indie and classic films, and world cinema with collections from Kino Lorber, Music Box Films, Samuel Goldwyn, The Orchard, The Great Courses, PBS, and thousands of independent filmmakers. Find more info at the **Sheridan Fulmer Library** website page. If viewing this newsletter electronically, click on the following link:

**<http://www.sheridanwyoibrary.org/downloadables/streaming-video/>**

## **Watercolor Art Class**

**Meeting in Person. Sign up required.**

Monthly classes with the talented Gail Sidletsky are returning to The Hub this Spring. If you are interested in participating, please sign up to be put on the student list.

**\$25 fee per session payable to Gail at the first class.**

## **Coffee Klatch w/ Peggy Anderson**

**Meeting in Person at The Hub on Smith Café and on Zoom. Sign up required.**

Friendly social time with an option of being in your own home. Talk about the news of the day...or not. How are you staying busy during the pandemic? What are you looking forward to in the future? Do you have a recipe to share? Do you have a good book or movie to recommend? Have the opportunity to chat or explore using Zoom without any pressure.

**Wednesdays • 11:30 am • beginning in April at the Hub or on Zoom**

# HOW TO ACCESS OUR VIRTUAL PROGRAMMING

The Hub is using Zoom, a free video conferencing application, to host virtual programs. Zoom allows participants the option to see each other and take part in live conversations through your personal tech

# Activities

device such as, smart phone, laptop, tablet, desktop, or regular phone (audio only).

## Join by Web Browser:

Locate the program you want to join on our website or email and click the “Zoom Meeting ID” link. Click “Join from Browser” and follow the prompts.

## Join by APP (Smartphone, Tablet, or Computer)

Download the free Zoom app to your device at [www.zoom.us/download.com](http://www.zoom.us/download.com)

Open the app, click “Join Meeting,” enter the Zoom meeting ID for the program, and click “Join.”

## Join by Regular Phone

At the time of the program, simply call the phone number listed from the Zoom email and when

prompted, dial the Zoom meeting ID for the program you want to join. Your phone will be automatically muted once the meeting starts. When you want to speak, press \*6 to unmute. No email, no problem. A Fun & Wellness Coordinator can give you this access number verbally after you register.

## Tech Connect Loan Program

We have 30 Android Tablets for loan plus the tech support to help get you started. Call The Hub on Smith at **(307) 672-2240** and a friendly Fun & Wellness Coordinator will return your call as soon as possible. This service is made possible by a community partnership with Design Your Tech and a Tech2Connect grant through the Wyoming Center on Aging.



## the loan closet

Hours of Operation

Monday – Friday

Noon – 4:00 pm

The printing of this newsletter is brought to you by AlphaGraphics



## In your corner

Community-based services support people living at home and connected to their communities. Utilizing these services helps to prevent premature institutionalization. If you think that your family or someone you know may benefit from any or all of our services, please call for information:

**Support Center to connect to all services** ..... 461-7134

**Day Break**, adult day care services onsite ..... 675-4968

**Dementia Friendly Wyoming – Sheridan** ..... 461-7134

**Family Caregiver Support and Loan Closet\*** ..... 672-2240

\*assistive devices for all ages  
(wheelchairs, crutches, walkers, and more)

**Goose Creek Transit Public Bus Service** ..... 675-7433  
Handicap-accessible transport available

**Help at Home** ..... 675-1978  
Personal Care, Light Housekeeping

**Home-Delivered Meals** ..... 672-6079

**Volunteer Opportunities** ..... 672-2240

**Outreach Support, Housing Assistance, LIEAP** ..... 672-2240

**Opportunities and possibilities** ..... 672-2240  
Classes, Fitness, Trips, and Fun Things to Do