



Showing Gratitude

Gratitude: The quality of being thankful; readiness to show appreciation for and to return kindness.

The programs offered by The Hub touched an average of **1,300 people** each day in 2021. Whether that person is receiving a home delivered meal, a phone call to check-in, a visit from our Help at Home staff, shopping at Urban Thrift or taking part in an activity provided by the Fun & Wellness department, The Hub is making a difference every day and we could not do this without the support of our generous community.

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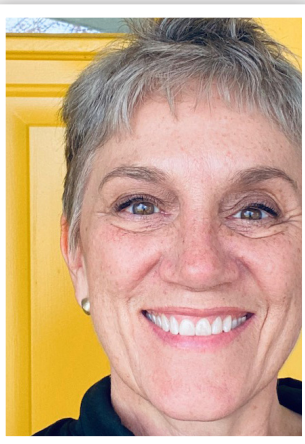
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CARMEN RIDEOUT,
Executive Director

A note from the Executive Director

Exciting. Yes, this is the word I will use to describe the upcoming Spring of 2022!

We are hopeful and thrilled as we plan wonderful in-person events and activities and continue to expand the hours of service we are providing in the upcoming months. We will continue to stay in touch with our community health officials to assure that we are operating in a safe manner as we focus our services on serving older adults and their families. We are optimistic that, for the remainder of 2022, we will be operating a lot more like our pre-pandemic days. Please stay tuned as we move forward in the coming weeks and months.

As services continue to grow to meet the needs of the people of Sheridan County, we are finishing up the most recent phase of our “Upward” construction project. Look for more information on a ribbon cutting and open house to share our new space for our Help at Home Program and our new parking lot on Brooks Street. These projects have been in process for the past year and are getting some final touches before we celebrate their completion. Our Help at Home Team is now located at the Hub at 211 Smith Street and we are thrilled to have them back in our building.

Block your calendar for **May 12th** to attend our 10th anniversary edition of the **Keystone Awards**. In 2020, we put this celebration on hold due to the pandemic and it is now time to book the date to honor four people who have made Sheridan a wonderful place to live through their many contributions over the years. Our honorees for this special 10th anniversary event are Everette McGlothlin, Edre Maier, and Sue and Casey Osborn. This evening will be special as we recognize and thank them while we also raise funds; all proceeds help us continue providing services to Sheridan’s older adults so they can live well and in the community.

Enjoy our newsletter and please stop down and see us. If you are interested or have questions about any of our programs or services, give us a call at **(307) 672-2240**.

Happy Spring and a heartfelt thanks to everyone for their continued hard work, encouragement, and support.

A handwritten signature in blue ink, appearing to read 'C. Rideout', written over a horizontal dotted line.

This institution is an equal-opportunity provider, and employer.

Showing Gratitude CONTINUED FROM COVER

Each service we provide is supported in one way or another by the Sheridan community. It may be by one of our **over 300 volunteers** who work tirelessly every day, a monetary gift honoring someone who has passed away or simply the act of donating unneeded items to Urban Thrift to be sold... these acts of kindness and generosity make a difference in people's lives.

Just to give you a glimpse into the abundant generosity of our community:

- **The Giving Tree**

109 seniors were given a thoughtful, much needed Christmas gifts in December thanks to donations to the Giving Tree. Everything from grocery gift cards, clothing, Life Link subscriptions to a carpet shampooer were donated.



Giving Tree at The Hub

- **Home Depot Donation Drive**

The Home Depot held a donation drive and donated cleaning and hygiene products, clothing and even some jewelry for our patrons.

- **Let 'Er Buck**

Let 'Er Buck Car Wash donated car wash gift cards that we are able to give our volunteers to say, "Thank You."

"I very much appreciated the gift card I received. It was a very pleasant surprise and I never dreamed someone would help me so much. The Hub bends over backwards to truly help everyone they can."

- ANONYMOUS

- **Holiday Spirit Campaign**

The Holiday Spirit Campaign raised over **\$100,000** to support all the services and programs we offer. There are hundreds more examples we could share but you get the idea. Generosity is shown daily.

As we continue to evaluate and reflect on the work we do at The Hub, we find ourselves feeling a very strong sense of gratitude. Gratitude to be able to do the important work we do but also gratitude for the ongoing support and generosity we receive from our community.

Thank you to each and every one of you who gives your time and/ or treasure to support us. We see you; we appreciate you and we are grateful to you.

AARP Tax Aide

MEDIA RELEASE

Needing help with your tax preparations? AARP Foundation's Tax-Aide program, the largest free, volunteer-based tax assistance and preparation program in the U.S., stands ready to assist with state and federal returns.

The nationwide tax help program is aimed at people 50 and older and those who have low to moderate incomes, but Tax-Aide is open to anyone free of charge. You don't need to be an AARP member to take advantage of Tax-Aide's knowledgeable volunteers, nor will there be any sales pitch for other services. The Internal Revenue Service (IRS) set Feb. 12 as the date it would begin processing 2020 tax returns. The deadline to file a federal return is May 17.

"For more than 50 years, Tax-Aide has helped low-income Americans file their taxes, and in that time, we've seen how even modest refunds can be a lifeline for older adults struggling to make ends meet," said Lynnette Lee-Villanueva, vice president of the AARP Foundation Tax-Aide program. "As the pandemic threatens the health and financial security of millions of Americans, Tax-Aide has innovated new and expanded services to help people avoid missing out on the tax credits and deductions they've earned."

Tax-Aide's 3,600 volunteers are certified by the IRS. In 2020, despite limitations on in-person assistance due to the coronavirus, the 1.5 million taxpayers who used AARP Foundation Tax-Aide received more than \$1 billion in income tax refunds.

Locally, AARP Tax Aide has a wonderful group of trained and certified volunteers that assisted in this process last year and are ready again this year when the Center For Disease Control lists our community out of the "High Contagious Zone for Covid 19." **For now, please call The Hub on Smith Front Desk at (307) 672-2240** to get on the list for this year's upcoming tax preparation season from February to April. Once the necessary CDC rating is available, AARP Tax Aide will be cleared to operate, and a Hub Volunteer will contact the list to set tax prep appointments.

On the date of your appointment bring all tax related paperwork with you along with your last filed tax return. Some examples are W2, 1099, self-employment income, interest, dividend, brokerage statements, child tax payments. If you received child tax payments or ACA (health insurance) payments the paperwork is necessary to file your return. Identification and social security cards should be available. Masks are required inside the Hub and during your appointment. Please reschedule if you are ill. Thank you in advance for your cooperation and Volunteer Preparers look forward to assisting you.

March, April, and May 2022 Care Partner Skills Workshops

Offered as part of the Family
Caregiver Support Program

When possible, workshops will be offered as **hybrid events** - you may choose to attend in-person at The Hub's Community Room or join via Zoom (a link will be provided as you register).

Questions? Please call Heather Comstock at
(307) 461-5955
or email hcomstock@thehubsheridan.org

TO REGISTER: Go to www.dfwsheridan.org and click on the tab **Attend Zoom Workshops**

- **Dementia Awareness & Education**
- **Best Practices to Simplify & Optimize Dementia Care**





the loan closet

Hours of Operation

Monday – Friday

Noon – 4:00 pm

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 675-4954

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

Dementia Friendly Wyoming – Sheridan 461-5955

Family Caregiver Support and Loan Closet* 675-4956

*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

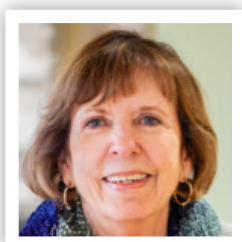
Volunteer Spotlight

WINTER SELECTIONS

Kay Wallick, DEC

Kay is a lifetime administrator of social services with a focus on elder care. After completing the grant as Project Director of Dementia Friendly Wyoming (DFW) in 2020, she decided to volunteer as a friendly visitor within the program that DFW created. She spends 20+ hours with her special friend each month. Kay also delivers meals with her husband and is working on

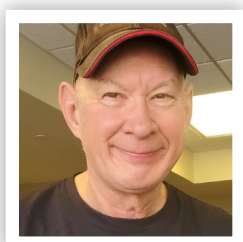
reviving the dementia community education that was delayed by COVID.



Mike Rice, JAN

Mike has been a volunteer at The Hub for approximately 14 years in various duties - mostly janitorial and Café assistance. He enjoys the outdoors (hunting, fishing, and riding his own four wheeler). He also likes spending time with his sister, brother-in-law, and their dogs. Mike was born in Sheridan and graduated from SHS. Prior to working at The Hub, he cleaned at

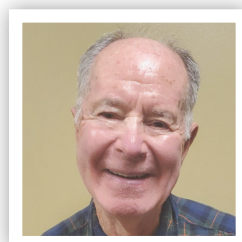
Decker Coal during overnight shifts. Mike is a great worker and friend.



Brooke Holstedt, FEB

Brooke has been volunteering since 2014. He helps at the Warehouse and delivers Home Delivered Meals. Brooke was a practicing attorney in Wyoming and Oregon for many years. He now gives back by volunteering and says he feels it is his “duty.” The best thing about volunteering, according to Brooke, is getting to know the patrons while providing Home Delivered Meals.

Outside of The Hub, he enjoys singing in the church choir and participating in bible study.



March 2022

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE
*Indicates Item Contains Nuts

1
CHICKEN AND SAUSAGE JAMBALAYA
VEGETABLE MEDLEY ROLL
PB COOKIE

Mardi Gras



2
PHILLY CHEESE STEAK
POTATO WEDGES
CARROTS
BERRIES & CREAM

3
TERIYAKI CHICKEN
RICE PILAF
ASIAN BLEND VEGETABLES
SPICE CAKE

4
SHRIMP SALAD SANDWICH
POTATO CHIPS
CUCUMBER SALAD
SUGAR COOKIE

5
CRANBERRY GLAZED HAM
GARLIC MASHED POTATOES
PEAS & CARROTS
FRUIT

6
ROAST BEEF
MASHED POTS & GRAVY
VEGETABLE MEDLEY
FRUIT

7
OVEN FRIED CHICKEN
BAKED SWEET POTATOES
CAULIFLOWER BROWNIES

8
BBQ PORK
COLESLAW
BAKED BEANS
VEGETABLE MEDLEY
FRUIT

9
TURKEY & WILD RICE SOUP
BROCCOLI
FRENCH BREAD
RED VELVET CAKE

10
SLOPPY JOE
ROASTED RED POTATOES
VEGETABLE MEDLEY
RANGER COOKIE

11
PAPRIKA BAKED COD
PESTO QUINOA
VEGETABLE MEDLEY
AMBROSIA

12
CHICKEN PRIMAVERA
SPAGHETTI NOODLES
GREEN BEANS
CAESAR SALAD
LEMON BARS

13
BREADED PORK CHOPS
BAKED POTATO
VEGETABLE MEDLEY
FRUIT



Daylight Saving Time

14
BEEF STROGANOFF
EGG NOODLES
STEAMED BEETS
CHOCOLATE CHIP COOKIES

15
CHICKEN POT PIE
BISCUIT
VEGETABLE MEDLEY
WHITE CAKE W/ FROSTING

16
BANGERS & MASH
SAUTEED CABBAGE
ROLL
GRASSHOPPER BROWNIES

17
CORNED BEEF
CABBAGE, POTATOES & CARROTS
ROLL
FRUIT



St. Patrick's Day

18
POACHED SALMON
RICE PILAF
BRUSSEL SPROUT
LEMON CORNMEAL COOKIES

19
CHICKEN PATTY W/ SWISS
POTATO WEDGES
VEGETABLE MEDLEY
PUDDING

20
MACARONI & CHEESE W/ HAM
VEGETABLE MEDLEY
CUCUMBER VINEGAR SALAD
FRUIT

21
MEATLOAF
STEWED TOMATOES
ROASTED POTATO
PEAS
SUGAR COOKIE

22
WESTERN BEAN BAKE
CORNBREAD
BROCCOLI
GARDEN SALAD
FRUIT

23
BAKED CHICKEN THIGHS
ROASTED POTS
VEGETABLE MEDLEY
CHOCOLATE CAKE

24
PORK GUMBO
STEAMED RICE
ROASTED CAULIFLOWER
FRENCH BREAD
MIXED BERRIES

25
FISH & CHIPS
COLESLAW
VEGETABLE MEDLEY
BANANA BARS

26
CHEESEBURGER
FRENCH FRIES
VEGETABLE MEDLEY
FRUIT

27
CHICKEN MARSALA
ANGEL HAIR PASTA
CARROTS
FRENCH BREAD
PUDDING

28
PORK LOINS
BROCCOLI CHEESE RICE
CORN
CREAM CHEESE BROWNIES

29
TURKEY CLUB SANDWICH
POTATO CHIPS
PEA & CHEESE SALAD
FRUIT

30
LASAGNA
GARLIC BREAD
GREEN BEANS
APPLE PIE BARS

31
CHEESEBURGER
POTATO WEDGES
VEGETABLE MEDLEY
FRUIT

April 2022

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

**Indicates Item Contains Nuts*

						<p>1</p> <p>BLACKENED COD BROWN RICE W/ ONIONS & PEPPERS CORN MOLASSES COOKIE</p>	<p>2</p> <p>SWEET & SOUR CHICKEN STEAMED RICE ASIAN BLEND VEGETABLES ALMOND COOKIES</p>
<p>3</p> <p>GLAZED HAM SCALLOPED POTATOES GREEN BEANS FRENCH BREAD AMBROSIA</p>	<p>4</p> <p>POT ROAST POTATOES & VEGETABLES GARDEN SALAD ROLLS FRUIT</p>	<p>5</p> <p>OVEN FRIED CHICKEN MACARONI SALAD VEG MEDLEY KEY LIME BARS</p>	<p>6</p> <p>ROAST TURKEY & GRAVY MASHED SWEET POTATOES PEAS & CARROTS ANGEL FOOD CAKE</p>	<p>7</p> <p>SWEDISH MEATBALLS EGG NOODLES STEAMED BEETS ROLL ROCKY ROAD PUDDING</p>	<p>8</p> <p>TARRAGON CHICKEN SALAD SANDWICH POTATO CHIPS BROCCOLI SALAD FRUIT</p>	<p>9</p> <p>SAUSAGE & CHEESE PIZZA CAESAR SALAD VEG MEDLEY CHOCOLATE CHIP COOKIES</p>	
<p>10</p> <p>TURKEY TETRAZZINI FRENCH BREAD VEGETABLE MEDLEY FRUIT</p>  <p>Palm Sunday</p>	<p>11</p> <p>BBQ BEEF SANDWICH POTATO WEDGES PEAS & CARROTS PEANUT BUTTER COOKIES</p>	<p>12</p> <p>CHICKEN ENCHILADAS REFRIED BEANS CORN & PEPPERS TRES LECHES CAKE</p>	<p>13</p> <p>PORK ROAST & GRAVY MASHED POTATOES BROCCOLI FRUIT</p>	<p>14</p> <p>BEEF & BARLEY SOUP ROLL GARDEN SALAD MANDARIN ORANGES</p>	<p>15</p> <p>TERIYAKI SALMON RICE PILAF ASIAN BLEND VEG FROSTED YELLOW CAKE</p>  <p>Good Friday</p>	<p>16</p> <p>BAKED CHICKEN THIGHS ROASTED POTATOES GREEN BEANS MINT BROWNIES</p>	
<p>17</p> <p>GLAZED HAM SCALLOPED POTATOES GREEN BEANS FRUIT</p>  <p>Happy Easter</p>	<p>18</p> <p>OPEN FACED TURKEY SANDWICH MASHED POTS PEAS BANANA BARS</p>	<p>19</p> <p>BEEF & BROCCOLI LO MEIN ASIAN BLEND VEGETABLES SNICKERDOODLE</p>	<p>20</p> <p>CHICKEN CORDON BLEU ROASTED POTATOES GREEN BEANS FRUIT</p>	<p>21</p> <p>PORK JAMBALAYA VEGETABLE MEDLEY FRENCH BREAD PEANUT BUTTER KRISPY BARS</p>	<p>22</p> <p>GARLIC BUTTER SHRIMP ANGEL HAIR PASTA CAULIFLOWER CHOCOLATE SURPRISE CAKE</p>  <p>Earth Day</p>	<p>23</p> <p>CHEESEBURGER POTATO WEDGES VEGETABLE MEDLEY FRUIT</p>	
<p>24</p> <p>CHICKEN POT PIE BISCUIT VEGETABLE MEDLEY PUDDING</p>	<p>25</p> <p>PORK STEW FRENCH BREAD PEAS CARROT RAISIN SALAD FRUIT CRISP</p>	<p>26</p> <p>FISH TACOS SALSA & CHIPOTLE SOUR CREAM LIME CILANTRO RICE CORN W/ PEPPERS CINNAMON SUGAR CAKE</p>	<p>27</p> <p>CHILI CINNAMON ROLLS BROCCOLI MIXED BERRIES & CREAM</p>	<p>28</p> <p>CHICKEN ALFREDO FETTUCCHINI GREEN BEANS GARLIC BREAD GARDEN SALAD CHOCOLATE CHIP COOKIE</p>	<p>29</p> <p>BISCUITS & SAUSAGE GRAVY SCRAMBLED EGGS ROASTED ZUCCHINI LEMON BARS</p>	<p>30</p> <p>HONEY MUSTARD PORK CHOPS ROASTED POTATOES VEGETABLE MEDLEY FRUIT</p>	

May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1 HERB ROAST TURKEY & GRAVY CHEESY BROCCOLI RICE VEGETABLE MEDLEY FRUIT	2 BBQ MEATBALLS BAKED BEANS PEAS & CARROTS GARDEN SALAD PUDDING	3 BAKED CHICKEN THIGHS ROASTED POTATOES BRUSSEL SPROUT FUNFETTI COOKIE	4 STUFFED PORK LOIN PESTO QUINOA VEG MEDLEY FRENCH BREAD FRUIT	5 BEEF & BEAN ENCHILADAS SPANISH RICE ROASTED CORN BANANA MUFFIN  Cinco de Mayo	6 BEEF STROGANOFF EGG NOODLES BEETS GARDEN SALAD BERRIES	7 CHICKEN & WILD RICE SOUP ROLL VEG MEDLEY CHOCOLATE CAKE
8 GLAZED HAM MASHED POTATOES & GRAVY CARROTS AMBROSIA 	9 TURKEY NOODLE CASSEROLE VEG MEDLEY FRENCH BREAD PUDDING	10 SLOPPY JOES ROAST POTATO WEDGES ROASTED CAULIFLOWER BROWNIES	11 CHICKEN CORDON BLEU CREAMY RISOTTO GREEN BEANS FRUIT	12 CHILI CINNAMON ROLLS BROCCOLI MIXED BERRIES & CREAM	13 SWEDISH MEATBALLS EGG NOODLES STEAMED BEETS ROLL ROCKY ROAD PUDDING	14 BREADED PORK CHOPS MASHED POTATOES & GRAVY BROCCOLI AMBROSIA
15 CHICKEN ALFREDO FETTUCCINI GREEN BEANS GARLIC BREAD GARDEN SALAD CHOCOLATE CHIP COOKIE	16 LEMON GARLIC CHICKEN MASHED POTATO & GRAVY BROCCOLI FRUIT	17 LASAGNA CAESAR SALAD FRENCH BREAD VEG MEDLEY APPLE PIE BARS	18 CHICKEN PRIMAVERA ANGEL HAIR PEAS & CARROTS GARLIC FOCACCIA MELON	19 POT ROAST, POTATOES & VEG GARDEN SALAD ROLL CHOCOLATE SURPRISE CAKE	20 BEEF STROGANOFF EGG NOODLES STEAMED BEETS CHOCOLATE CHIP COOKIES	21 CHICKEN FRIED STEAK MASH POTATOES & COUNTRY GRAVY CARROTS FRUIT
22 MACARONI & CHEESE W/ HAM ASPARAGUS BERRIES & CREAM WHITE ROLL	23 TURKEY NOODLE SOUP BISCUIT VEG MEDLEY MOLASSES COOKIE	24 MEATLOAF STEWED TOMATOES BAKED POTATO BROCCOLI STRAWBERRY CAKE	25 PORK ROAST BAKED SWEET POTATO GREEN BEANS CHOCOLATE CHIP COOKIE	26 SAUSAGE GRAVY & BISCUITS SCRAMBLED EGGS ROAST ZUCCHINI SUGAR COOKIE	27 FISH & CHIPS COLESLAW CARROTS TARTAR SAUCE LEMON BARS	28 POT ROAST, POTATOES & VEG GARDEN SALAD ROLL CHOCOLATE SURPRISE CAKE
29 CHICKEN POT PIE BISCUIT VEG MEDLEY FRUIT	30 CHEESEBURGER DELUXE POTATO CHIPS FRUIT  Memorial Day	31 HOT TURKEY SANDWICH MASHED POTS & GRAVY CARROTS FRUIT	SUBJECT TO CHANGE <i>*Indicates Item Contains Nuts</i>			

Aging Well Academy FORMERLY ACTIVITIES

TO SIGN UP for current Aging Well Academy Opportunities:

- Go to www.thehubsheridan.org
- Click on **CALENDAR button** at top of homepage
- Click on activity name
- Scroll down to **RSVP** here and click on **Going** button
- Fill in your name, email, and phone number
- Click on **Finish** button and a confirmation email will be sent to you!

OR

Contact a Program Coordinator. We're here to help!

Jamie Brester, Volunteer and Community Education Coordinator

jbrester@thehubsheridan.org or (307) 672-2240 ext. 126

Heather Comstock, Family Caregiver Services & Dementia Care Education

hcomstock@thehubsheridan.org or (307) 461-5955

Denise Hawley, Family Care Coordinator

dhawley@thehubsheridan.org or (307) 672-2240 ext. 121

Amanda Munford, Fun & Wellness Coordinator

amunford@thehubsheridan.org or (307) 672-2240 ext. 117

Lisa Wells, Sr. Fun & Wellness Coordinator

lwells@thehubsheridan.org or (307) 672-2240 ext. 118

STAY CONNECTED Please know that the Hub's aim is to keep as many activities in-person as safety permits and will offer Zoom and livestream opportunities when available.

For the most up to date info...

- Visit www.thehubsheridan.org and find out more about joining one of our hybrid Hub happenings!
- **Follow us** on the Hub on Smith Facebook & Instagram
- **Explore videos** on the Hub on Smith YouTube Channel
- **Call us at (307) 672-2240**

FITNESS

Happy Feet Cardio Dance

Dance your way to fitness with the fun, talented Sherry Mercer! Max 16 dancers.

Monday • Wednesday • 8:00-8:55 am • \$2 suggested contribution • Fitness Room

BOOM! Circuit Training

Classes include low impact, challenging movements to improve cognitive abilities and increase overall strength, cardio conditioning, flexibility, and balance.

Meeting in person & on Zoom.

Max 16 exercisers in person.

**Monday • Wednesday • Friday • 9:00-9:55 am
\$2 suggested contribution • Fitness Room**

BAMM! Chair Exercise

Moves focus on improving cardio, strength, balance, and flexibility, helping participants maintain independence for ADLs (activities of daily living). Meeting in person & on Zoom. Max 16 exercisers in person.

**Monday • Wednesday • Friday • 10:00-10:55 am
\$2 suggested contribution • Fitness Room**

Parkinson Exercise Group

Sheridan Physical Therapy is offering LSVT BIG for LIFE group exercise classes for those who have graduated from a LSVT BIG program. Classes are a fun, engaging way for people with Parkinson's and other movement disorders to continue working out in a group setting, maintain therapeutic gains, promote physical activity, and of course socialize. Contact Cheston Feaster at (307) 672-2092 ext. 1 or email at chet@sheridanpt.com to sign up today!

**Meets the 1st & 3rd Tuesdays Monthly
11:00 am -Noon • \$10 fee payable at class time
Fitness Room**

Tai Chi

Long time student and practitioner Dan Aldrich instructs participants in this gentle, yet effective, form of fitness that can help maintain strength and flexibility as well as increase balance. Maximum 16 participants.

Tuesdays • 8:30-9:30 am • \$2 suggested contribution • Fitness Room

Walking Club

We walk through the winter regardless of the weather! Meet out front of the YMCA. If weather permits, we can go around the parks. Otherwise, we'll go inside to Gym 3. Y membership not required.

**Tuesdays • 9:00-10:00 am • Donations welcome
YMCA**

Yoga For Healthy Aging

Classes will focus on simple, practical strategies for a lifetime of vitality and well-being, including research-informed breath, meditation, and adapted yoga postures. Absolutely all levels welcome. Y membership not required.

Aging Well Academy FORMERLY ACTIVITIES

Tuesdays until March 22 • 10:30-11:30 am • Donations welcome • YMCA Mind Body Studio

Virtual Gentle-Stretching Yoga

Donna Stubbs, 20 years experienced Yoga practitioner, leads 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) 763-1974.

Thursdays 5:30 pm & Sundays 5:00 pm • Donations welcome • Zoom

Treadmill & Stationary Bikes

Stop by and get fit on a recumbent-stationary bike or treadmill. These pieces of exercise equipment are available for use when the Fitness Room is open.

Mon thru Fri • No sign up required • \$2 suggested contribution • Fitness Room

SPRING OUTINGS

**Thursdays • Mar 3 & 17 • Apr 7 & 21 • May 12 & 26
Donations welcome**

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 a few days beforehand, 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 in The Hub Lobby at 9:30 am and we will be back by 4:30 pm Bring a lunch, water, and mask for carpooling.

CREATIVE CORNER

The Hubcaps (Sheridanaires Reimagined)

Senior Singers 60+ Entertaining Sheridan with Oldies Rock, Blues and Country. Directed by Evelyn Gernaat, Steve Baskin, & Ginger Morris. Contact Evelyn by call or text at (307) 751-6845 or pianogirlevelyn@gmail.com for more info.

**Tuesdays • 1:30-3:30pm • \$3 suggested contribution
Café**

The Hubcaps Spring Performances

Join us in the Café for a spirited performance by our multi-talented group!

**Thursday, May 19 & Friday, May 20 • 1:30-3:30pm
Donations welcome • Café**

Crocheting and Knitting

Bring your latest project and work on it with friends. The multi-talented Donna Stubbs will be available to assist you if needed. Beginners are welcome!

**Thursdays 1:00-3:00 pm • \$5 suggested
contribution • Art Studio**

Woodcarvers Group

Carve together. All levels welcome! Members of the group share how-to's and tools.

**1st & 3rd Saturdays each month • 9:00 am-Noon • Art
Studio**

Sunday Jammers

Come one, come all! Pickers and singers of all abilities are welcome! To sign up or for more info, please call Bill Bradshaw (307) 751-1852.

**Sundays 2:00-5:00 pm • Donations welcome
Fitness Room**

Music Makers Piano Lessons

Have you always wanted to play the piano? Beginners and returning players welcome. Open to all who have a curiosity to play. Join Janet Ruleaux for an exciting interactive way to learn piano. Six-week sessions. Handicap accessible. Contact Janet at (307) 752-5312 with questions or to sign up!

**Mondays starting Mar 7 • 9:00-9:30 am • \$5 fee per
class paid to instructor • Methodist Church**

3rd Thursday Poetry Group

Join Abbie Taylor and this longstanding gathering of writers! New members are welcome.

Aging Well Academy FORMERLY ACTIVITIES

**3rd Thursdays • 2:00-4:30 pm • Donations welcome
Community Room**

Culinary Arts Club

Create delicious, healthy meals and learn new techniques with Amanda Munford and guests. Sign up by the Thursday before class. Max 10 participants.

3rd Tuesdays • 2:00-3:00 pm • \$5 suggested contribution • Art Studio

Watercolor with Gail Sidletsky

Beginners and beyond welcome! List of supplies provided at time of sign up. Six-week sessions. Join our waitlist for possible openings.

**Thursdays • 10:00-12:00 pm • \$25 fee per session payable to instructor at first class at first class
Session 1: Mar 3 - Apr 7**

Session 2: Apr 21 - May 26

Victory Garden Planning and Learning Sessions

Do you enjoy gardening but don't have space? Do you want to provide fresh produce for people that aren't able to garden anymore? Maybe you don't have the time to maintain a garden plot on your own. Join Fun & Wellness Coordinator Amanda Munford and Hub gardening enthusiasts as we maintain a garden plot at Sagebrush Community Garden and our Rooted at The Hub raised beds. Last year we donated 628 lbs of produce!

Mar 9 & 23 • Apr 6 & 20 • May 4 & 18 • 10:00-11:00 am • \$5 suggested contribution • Art Studio

Greeting Card Workshops

Create lovely, handcrafted cards utilizing special papers, die cast stamps, and additional unique techniques under the creative guidance of Instructor Heidi Roesler. Sign up required. Maximum 12 participants.

Mar 19 • Apr 9 • May 14 • 12:30-3:30 pm • \$7 suggested contribution • Art Studio

Creative Aging Story & Dance Hour

Join us to experience original stories and movement pieces created by the participants of the Creative Aging classes. You can expect performances that are moving, fun, and playful as the performers express themselves openly and with heart.

**Thursday, Mar 24 • 1:00 pm • Donations welcome
Café**

Amish Braided Rag Rugs

Lana will show us how to finger braid recycled cotton t-shirts into pretty & functional rugs.

Tuesday • Apr 5 & 12 • 1:00-3:00 pm • \$2 suggested contribution • Art Studio

Burlap Cord Wrapped Vases Class with Peggy Anderson

Let's create a fun and unique vase with just a few items and just a little time! All supplies provided. Maximum 10 participants.

Tuesday, May 3 • 1:00-3:00 pm • \$2 suggested contribution • Art Studio

GAMES

Table Tennis-Monday, Wednesday, Friday • 1:00-2:00 pm • \$2 suggested contribution • Fitness Room

Billiards-Monday through Friday • 8:00 am-3:30 pm
\$2 suggested contribution • Billiards Room

Cribbage-Tuesdays 9:30 am-12:00 pm • Donations welcome • Café

Double Pinochle-Mondays • 12:30-3:30 pm
Donations welcome • Community Room

Dominoes-Fridays • 9:30-12:00 pm • Donations welcome • Café

LEARNING OPPORTUNITIES

Sheridan Community Land Trust (SCLT) Explore History Series

This Explore History program offers open conversation for community members to share their memories or historical information about these sites. Join Sheridan Community Land Trust Historical Program Manager, Carrie Edinger for the following tours. The Explore History program is generously funded by the Next50 Initiative.

• The Era of Tie Flume

Towering up to 70 feet above the river, the 36 mile-long Tongue River Tie Flume harnessed the power of the cold mountain water to quickly transport timber down the mountain to the sawmills in what was anything but a lazy river ride. The Era of the Tie Flume will highlight the construction of the flume, the tie camps and their impact on the economy of the Dayton and Ranchester area. Helen Laumann, local historian will share her historical research and experiences hiking the areas of the tie flume.

**Tuesday, Mar 8 • 10:30 am • Donations welcome
WYO Theater**

• Big Goose Creek Walking Tour

The sites within this tour are in the Historic Downtown Sheridan area and Whitney Commons with a focus on how Big Goose Creek was an essential natural resource for the valley's early

Aging Well Academy FORMERLY ACTIVITIES

inhabitants, into the settlement era and right up to today. Participants learn about the Big Goose Creek Buffalo Jump, Sheridan Brewery, Sheridan Manufacturing Company Flour Mill, the Mandel Cabin and Sheridan's first cabin, along with the historic rerouting of Big Goose Creek.

The walking tour is about three quarters of a mile, stopping at ten sites. *Please note - there is hardly any shade on this tour and the following items are possibly needed on the tour depending on weather conditions: hat, water bottle, sunscreen or shade umbrella.*

Tuesday, Apr 12 • 10:30 am • Donations welcome
Meet in Hub lobby

• Black Diamond Trail Bus Tour

This driving tour will take you through the physical remnants of the once vibrant mining communities of Dietz, Acme, Carneyville (later called Kleenburn), Monarch, and Kooi and more evidence of the past coal mining booms of Sheridan County. Tour the Black Diamond Byway and learn about Sheridan County's mining heritage. The TravelStoryGPS app audio tour tells the story of those who lived and worked in the historic coal mining towns just north of Sheridan during the early 20th century. Digital device will be supplied with headphones for the tour. At each stop, we will take in the views of a few of the remnants at the coal sites. Maximum 11 participants. Registration Required.

Tuesday, May 10 • 10:30 am • \$8 suggested contribution • Meet in Hub lobby

Learn new skills from people like you.



EXCITING NEW PROGRAM! GetSetUp

The Wyoming Department of Health and Aging Division has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically, and socially active. Classes are interactive,

easy to join, offered day and night and free for our community. Areas of interest include art, Yoga, cooking, travel, history, and more! Check out and register for GetSetUp at www.getsetup.com using the code "Wyoming" to access free membership. Not sure about on-line learning? Join Fun and Wellness & Community Education Coordinators in the Café to experiment & explore the wonderful opportunities GetSetUp has to offer!.

Thursday, Mar 10 • 10:30-11:30 am • Donations welcome • Café

TechConnect Loan Program

We have Android Tablets for loan plus the tech support to help you get started. Call a Fun & Wellness Coordinator today at **(307) 672-2240** to check tech out! This empowering service is made possible by a community partnership with Design Your Tech and a Tech2Connect grant through the Wyoming Center on Aging.

Ongoing program • Donations welcome

Tech Practice

Sessions are available by appointment. Borrow tech or bring your own. We'll help answer questions, practice searching the internet, check out YouTube, GetSetUp, play a game, order groceries, have fun with photos, and more! Contact a Fun & Wellness Coordinator **(307) 672-2240** to schedule.

Donations welcome • Locations within The Hub

"How You Own Your Assets Matters – Wills, Trusts, and Beneficiary Designations" – Presentation and discussion with Christopher Sherwood, Attorney, Yonkee & Toner, LLP

Interested in learning more about the effect of how you own your assets and why that matters? What happens if you do not have a Durable Power of Attorney and you can no longer manage your own finances? What happens if you die without having signed a Will. Or, what if you die with a Will? What about avoiding Probate and Revocable Living Trusts? How can Beneficiary Designations, PODs, TODs, and assets owned Jointly With Right Of Survivorship positively and negatively impact your Estate and your Beneficiaries? Local estate planning attorney, Christopher Sherwood, of Yonkee & Toner, LLP, will share with attendees his knowledge and experience working with clients on these matters. We will discuss and answer your questions about what you have in place and what you can do to easily and simply appoint the right person to manage your finances and transfer your assets to

Aging Well Academy FORMERLY ACTIVITIES

your Beneficiaries. We will discuss and answer your questions.

Thursday • Mar 17 • 11:00 am-Noon • Donations welcome • Community room

Coffee and Donut with a Cop

Connect with law enforcement and discuss local concerns or present questions.

Friday, Apr 8 • 8:00-9:00 am • Café

Fire Safety & What You Should Know

Sheridan's local Fire Department will be here to discuss fire safety in your home. They will also discuss Wyoming's Community Risk Reduction Initiative. Come learn about ways to prevent fire and burn risk.

Thursday, Apr 14 • 12:00-1:00 pm • Café

Doc Talk

Developed by Kris Schamber, MD, with Sheridan Memorial Hospital-Internal Medicine, this special series offers time with knowledgeable community providers who speak about various health topics in an informal setting. Join us in the Café at noon. Q&A is encouraged. No sign up required.

• Urinary Tract Health and Infection Prevention

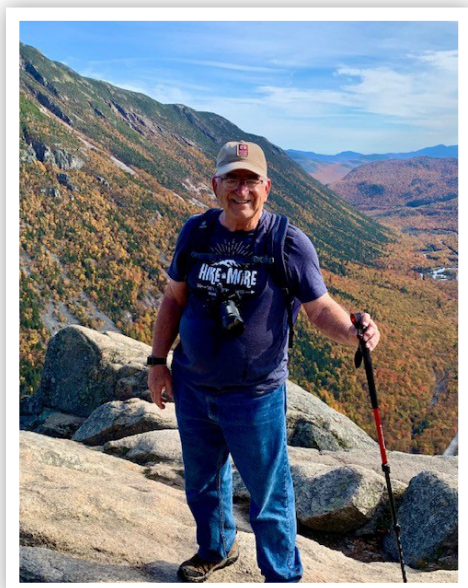
Presented by Dr. Schamber

**Wednesday, Apr 27 • Noon • Donations welcome
Community Room**

• Orthopedic Issues in Older Adults

Presented by Dr. Brent Milner, Sheridan Orthopedic Associates

**Wednesday, May 25 • Noon • Donations welcome
Community Room**



Magic of Color

Be transported as gifted photographer Rex Arney presents the beauty of New England in the Fall through pictures.

Thursday, Apr 28 • 10:00-11:00am • Donations welcome • Community Room

Reverse Mortgages

What is a Reverse Mortgage and how does it work? Join us for a presentation by Marilyn Lojo, a HUD certified Housing Counselor from Wyoming Housing Network, that will cover what a reverse mortgage is, what it is not, and what potential circumstances make it good option. Wyoming Housing Network is a non-profit organization that provides unbiased housing counseling services. They do not sell reverse mortgage but provide counseling to help individuals and families sort through the many options that might be available to help stabilize housing for seniors. Please sign up by calling the Front Desk at **(307) 672-2240**.

Thursday, May 5 • 10:30-11:30am • Community Room

Resource Fair: Sheridan Memorial Hospital

Join Sheridan Memorial Hospital to learn about **Patient Portal: MySheridanHealth**. Learn how to access your health information, lab and test results, request a prescription refill and much more from your computer or mobile phone. Please contact Community Education Coordinator Jamie Brester to register at **(307) 672-2240 ext. 126** or jbrester@thehubsheridan.org.

Thursday, May 12 • 10:30-11:30am • Community Room

SUPPORT GROUPS

Family Caregiver Services

Often caregivers experience physical demands, emotional stress, and conflicts with work, family, or other responsibilities when providing care for others. Family Caregiver Meetings are held to aid, help ease stress, problem solve, connect people to appropriate resources, and enjoy fellowship with other caregivers. Meetings also include topical presentations with time for Q&A. You're invited! Contact Denise Hawley, Family Caregiver Coordinator, at **(307) 672-2240 ext. 121** or dhawley@thehubsheridan.org for information or to sign up.

Caregivers Support Group Meetings

Mondays • 10:00-11:00 am • Art Studio

Thursdays • 5:30-6:30 pm • Conference Room

Older Relative Caregiver (ORC) Meetings*

3rd Tuesdays Monthly • 6:00-7:30 pm • Kid's Life

* *Mar 15 meeting will be held at 307 Discovery Center (566 Broadway Street) • 5:30-7:00 pm*

Aging Well Academy FORMERLY ACTIVITIES

Companion Pets!

The Hub is glad to offer *Joy for All Companion Pets*. A *Companion Pet* is a robotic cat or dog that has soft fur and sensors that respond to touch, motion, and sound. Benefits for the new owner include reduced feelings of isolation and loneliness, a sense of purpose, and stimulating communication for those with dementia. Please call Hub Family Caregiver Services at **(307) 672-2240** to learn more about the *Pet Companion* program today!

Hearing Better Support Group

Want to hear better? Hearing loss has been shown to negatively impact nearly every dimension of human experience. Gain better understanding about your options as you gather with those in the community, including providers of services. Hearing Loop available.

**3rd Thursdays • 1:00-2:00 pm • Donations welcome
Community Room**

SERVICES

Alterations by Marcine

Schedule your appointment today! Please call the Hub Front Desk at (307) 672-2240. Max 3 items.

2nd Wednesdays • 9:00-10:00 am • Donations welcome • Art Studio

Chair Massage

Rest your mind & body with a 15-minute chair massage by board certified massage therapist Dora Cudney. Please call the Front Desk at **(307) 672-2240**.

**Tuesdays • 9:00-11:00 am • Donations welcome
Lobby**

AARP Tax-Aide

This free service will be offered in a hybrid format beginning Feb 23.*

Call the Front Desk at **(307) 672-2240** to get on the waiting list

**Feb 23 - Apr 14 • 10:30 am-4:30 pm
Tuesday & Thursday: Fitness Room
Wednesday: Community Room**

*Please note this hybrid format may change as Sheridan's Covid risk rating moves from *High* to *Substantial* or better and clients can remain in building while their taxes are being prepared

Hearing Loop

Our Community Room has a Hearing Loop! Hearing

Loops allow people with T-coil or Telecoil wireless receivers in their hearing instruments to receive the sound from the audio system or microphone directly into their hearing devices. For questions about using the loop contact a Hub Fun & Wellness Coordinator. For questions about your hearing instruments, contact your audiologist.



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Main Phone: (307) 672-2240

Fax: (307) 674-9866

Caregiver Support:
(307) 672-2240 • 675-4956

Day Break:
(307) 675-4YOU (4968)

**Dementia Friendly Wyoming—
Sheridan:** (307) 461-5955

Home-Delivered Meals:
(307) 672-6079

Goose Creek Transit:
(307) 675-RIDE (7433)

Help at Home: (307) 675-1978

Tongue River Valley Services:
(307) 655-9419

Urban thrift: (307) 675-1974

Support Center:
(307) 461-7134 • 675-4954

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