

center stage

Summer 2023

JUN • JUL • AUG



## Day Break Uke'an Strum Ukulele Group

It has now been 31 years since the Sheridan Senior Center (now, the Hub on Smith) opened the doors of the Day Break program.

Day Break opened in 1992 to help with growing need of family caregivers in our community. The program offers a relaxing and comfortable environment for elders or dependent adults to gather. Day Break has helped individuals remain physically and mentally active through socialization and planned activities. It provides supervision and personal care for those needing assistance with everyday activities of daily living. Celebrating and caring for each individual is our priority. Our participants look forward to daily planned activities that promote health and socialization.

See full article on PG 3

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## Senior citizen's council board of directors

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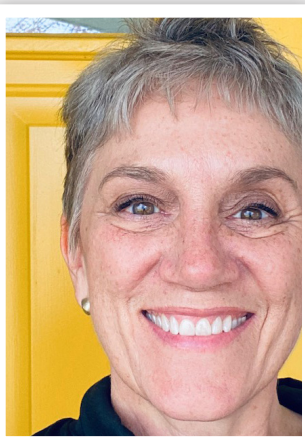
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**CARMEN RIDEOUT,**  
Executive Director

## A note from the Executive Director

Summer is here with many opportunities to take advantage of at the Hub on Smith.

**We are open for business Monday - Friday beginning with breakfast from 7-9am, and many lunch choices from 11:30-1pm.**

Throughout the day you will find a variety of classes, gatherings, and social opportunities to move, exercise your creative side or learn something new. Our Support Center staff are here from 8a to 4pm to help new people get connected to all the offerings

and guide people who may need supports such as help at home, home delivered meals, transportation, adult day services or family caregiver information.

### If you are interested in helping us serve our community, we have many opportunities to volunteer and get involved in what we do.

The past few months have been exciting as we celebrated our volunteers in April and in May, Older Americans Month. The good news is that we have more exciting events coming your way as we prepare for

**our 50th anniversary on December 17, 2023.**

In July we will be launching 50 for 50, highlighting and celebrating 50 activities and events that represent our mission, history, and value to our community. Look for more information to come.

**Have a wonderful June, July, and August!**

A handwritten signature in blue ink, appearing to read 'C. Rideout', written in a cursive style.



Over the years, Day Break has continued to evolve and develop with new and exciting program ideas. Just this last year, I read an article on the joy of music and how learning to play an instrument uses all parts of the brain. I thought about this and how I could

incorporate music into Day Break. This inspired me to start the Uke N' Strum ukulele group. We purchased 6 ukuleles from the local music store, allowing everyone to have an instrument to play. What a delight it has been to meet weekly with other music lovers to sing, strum and laugh. People that have never played a stringed instrument before are able to learn the basic chords and play along to familiar tunes. The group is so kind to one another, offering support and a feeling of accomplishment. We don't worry about mistakes or singing flat; we gather to enjoy each other's company and sing songs that we have known for years. I couldn't have done this alone, our Day Break coordinator, Lacey Gibbons has been a driving force with her cheerful, encouraging attitude and excellent singing voice.

Studies on the effects of playing music and singing together have shown that it creates a closeness among those participating, it can increase a person's pain threshold and helps to trigger memories. I'm not a scientist but I know for a fact that singing and playing within our group makes

me feel extremely happy and joyful. It allows the freedom to create uninhibited, being yourself within a comfortable group.

Drew Washburn has been coming to Ukulele for around 3 months. He shared with everyone how much it has meant to him to be part of the group, he enjoys learning the ukulele and playing music with others. Drew commented, "Being a part of this group soothes my soul, I leave happy and with a smile on my face. I feel at peace and ready to tackle the rest of my day."

The Uke N' Strum group meets every Friday at 10am. Anyone can join, you don't have to be part of Day Break to participate, we always have room for more.

**So, dust off that old ukulele, warm up those vocal cords and let's sing.**

If you don't have a ukulele, we have some to loan out. No experience required, just a desire to have fun. Please call 675-4968 to see when the next beginner session starts and with any other questions.



# Get Involved at The Hub

## Volunteer Opportunities

We currently need volunteers for the following areas:

**Dining room staff**

**Home delivered meals**

**Snow removal**

If you are interested in volunteering, please contact:

**Marcie Morrow, Volunteer Coordinator**

**(307) 672-2240**

**[mmorrow@thehubsheridan.org](mailto:mmorrow@thehubsheridan.org)**

More information and an online application can be found by visiting [thehubsheridan.org/volunteer](http://thehubsheridan.org/volunteer).

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

## Job Opportunities

**We currently have several positions open.**

**Check them out by visiting:**

[thehubsheridan.org/human-resources-employment/potentialemployees](http://thehubsheridan.org/human-resources-employment/potentialemployees)

**To apply:**

1. Download and fill out the Hub Application
2. Mail your application, resume, cover letter and three professional references to:

211 Smith Street

Sheridan, WY 82801

or email to

**Sheree Childers-Cossel, Director of Human Resources** at **[scossel@thehubsheridan.org](mailto:scossel@thehubsheridan.org)**

## 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 **(307) 672-2240** for information:

**Support Center to connect to all services**

**Day Break**, adult day care services onsite

**Dementia Friendly Wyoming — Sheridan**

contact Heather at (307) 461-5955

**Family Caregiver Support and Loan Closet\***

\*assistive devices for all ages

(wheelchairs, crutches, walkers, and more)

**Goose Creek Transit Public Bus Service**, handicap-accessible transport available

**Help at Home**, personal care; light housekeeping

**Home-Delivered Meals**

**Volunteer Opportunities**

**Outreach Support, Housing Assistance, LIEAP**

**Opportunities and possibilities**, classes; fitness; trips; fun things to do



## the loan closet

**Hours of Operation**

**Monday — Friday**

**Noon — 4:00 pm**

*Drop-off times 1:00 - 4:00 pm*

# June 2023

SUN

MON

TUE

WED

THU

FRI

SAT

**SUBJECT TO CHANGE**

*\*Indicates Item Contains Nuts*

1

HAM & MAC CHEESE  
BAKE  
VEG MEDLEY  
CHOCOLATE CAKE

2

SPAGHETTI & MEAT  
SAUCE  
VEG MEDLEY  
GARLIC BREAD  
PUDDING

3

4

5

TUNA SALAD  
SANDWICH  
POTATO CHIPS  
3 BEAN SALAD  
PUDDING

6

POT ROAST  
POTATOES &  
VEGETABLES  
ROLL  
KRISPIE BARS

7

CHICKEN FRIED  
CHICKEN  
MASHED POTATOES W/  
GRAVY  
GREEN BEANS  
FRUIT

8

BBQ PORK RIBS  
COLESLAW  
DR. PEPPER BAKED  
BEANS  
VEG MEDLEY  
BLONDIE

9

PHILLY CHEESE STEAK  
SWEET POTATO  
WEDGES  
CAULIFLOWER  
FRUIT

10

11

12

SWEET & SOUR  
CHICKEN  
BROWN RICE  
VEGETABLE MEDLEY  
MINI EGG ROLL  
FRUIT

13

SEAFOOD SALAD  
SANDWICH  
POTATO SALAD BABY  
CARROTS  
PEANUT BUTTER  
COOKIE

14

BEEF STROGANOFF  
EGG NOODLES  
GREEN BEANS  
ROLL  
FRUIT



15

OVEN BAKED CHICKEN  
MASHED POTS &  
GRAVY  
PEAS & CARROTS  
FROSTED WHITE CAKE

16

BAKED HAM  
CHEESY BROCCOLI  
RICE  
VEGETABLE MEDLEY  
FRUIT CRISP

17

18

19

BRATWURST W/  
GRILLED ONIONS  
CHIPS  
PEA SALAD  
MELON

20

PORK ROAST  
MASHED POTATOES  
& GRAVY  
GREEN BEANS  
CHOCOLATE CHIP  
COOKIES

21

CHICKEN FAJITAS  
REFRIED BEANS  
BROCCOLI  
FRUIT

22

MEATLOAF  
MASHED POTATOES W/  
GRAVY  
PEAS  
FRUIT

23

CHICKEN BACON  
RANCH SALAD  
SANDWICH  
POTATO CHIPS  
PEA AND CHEESE  
SALAD  
SUGAR COOKIE

24



25

26

SHREDDED BBQ  
BEEF  
BAKED BEANS  
CORN BREAD  
BROCCOLI  
FRUIT

27

CHICKEN LO MEIN  
ASIAN BLEND  
VEGETABLES  
MINI EGG ROLLS  
ALMOND COOKIES\*  
(\*item contains nuts)

28

SLOPPY JOES  
POTATO WEDGES  
CARROTS  
GARDEN SALAD  
BROWNIES

29

DILL SALMON  
CREAMY RISOTTO  
ASPARAGUS  
ROLL  
CARROT CAKE

30

SAUSAGE GRAVY  
AND BISCUIT  
SCRAMBLED EGGS  
ROASTED ZUCCHINI  
BLUEBERRY MUFFIN

# July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts	1
2	3 CHEESEBURGER POTATO WEDGES VEG MEDLEY FRUIT	4 FISH 'N CHIPS W/ TARTAR SAUCE GREEN BEANS YELLOW CAKE <b>Independence Day</b> 	5 CHICKEN MARSALA SPAGHETTI FRENCH BREAD VEG MEDLEY KRISPIE BAR	6 BEEFY MAC AND CHEESE PEAS & CARROTS ZUCCHINI CAKE	7 BEEF ENCHILADA BAKE REFRIED BEANS CORN & PEPPERS TRES LECHES CAKE	8
9	10 PORK ROAST MASHED POTATOES & GRAVY BROCCOLI FRUIT	11 CHEESY KIELBASA PASTA BROCCOLI ROLL TROPICAL FRUIT SALAD	12 SLOPPY JOES ROASTED RED POTATOES PEAS YELLOW CAKE W/ FROSTING	13 ROTISSERIE CHICKEN BAKED SWEET POTATOES VEG MEDLEY FRUIT	14 ¼ POUND BEEF HOT DOG BEANS COLESLAW CHOCOLATE CHIP COOKIE	15
16	17 CHICKEN SWISS SANDWICH POTATO WEDGES VEGETABLE MEDLEY PUDDING	18 CHEF SALAD FRENCH BREAD PICKLED BEETS STRAWBERRIES AND CREAM	19 OPEN-FACED TURKEY SANDWICH MASHED POTATOES W/ GRAVY BROCCOLI SALAD COOKIE	20 CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY VEG MEDLEY MELON	21 MEATLOAF STEWED TOMATOES BAKED POTATOES VEG MEDLEY PEANUT BUTTER COOKIE* (*item contains nuts)	22
23	24 BEEF STROGANOFF EGG NOODLES VEG MEDLEY ROLL FRUIT	25 CHICKEN FAJITAS SPANISH RICE MEXICORN BANANA NUT MUFFIN* (*item contains nuts)	26 BBQ PORK ON A BUN RED POTATOES ROASTED ZUCCHINI FROSTED WHITE CAKE	27 TURKEY ROAST MASHED POTATOES & GRAVY VEG MEDLEY ROLL FRUIT	28 FISH 'N CHIPS COLESLAW BROCCOLI SUGAR COOKIE	29
30	31 ITALIAN SAUSAGE W/ PEPPERS PESTO QUINOA GARDEN SALAD PUDDING					

# August 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> PHILLY CHEESE STEAKS POTATO WEDGES VEG MEDLEY CREAM CHEESE BROWNIES	<b>2</b> SPAGHETTI & MEAT SAUCE GARLIC BREAD CAESAR SALAD VEG MEDLEY BERRY CRISP	<b>3</b> PORK ROAST MASHED POTATOES & GRAVY PEAS & CARROTS CHOCOLATE CHIP COOKIE	<b>4</b> LEMON HERB CHICKEN CREAMY RISOTTO BROCCOLI TROPICAL FRUIT	<b>5</b>
<b>6</b>	<b>7</b> SAUSAGE GRAVY AND BISCUITS SCRAMBLED EGGS ROASTED ZUCCHINI BLUEBERRY MUFFINS	<b>8</b> CHICKEN TERIYAKI STEAMED RICE MINI EGG ROLL ASIAN BLEND VEG MANDARIN ORANGES	<b>9</b> POT ROAST POTATOES & VEGETABLES GARDEN SALAD ROLL FRUIT	<b>10</b> ¼ POUND CHICAGO DOG CHIPS COLESLAW FRUIT COCKTAIL	<b>11</b> TURKEY TETRAZZINI ROLL VEG MEDLEY CHOCOLATE ZUCCHINI CAKE	<b>12</b>
<b>13</b>	<b>14</b> CHICKEN ALFREDO ROLL BROCCOLI GARDEN SALAD PUDDING	<b>15</b> SHRIMP AND SAUSAGE JAMBALAYA VEG MEDLEY BANANA BARS	<b>16</b> ROAST TURKEY MASHED POTATOES & GRAVY CARROTS ROLL FRUIT	<b>17</b> CHEESEBURGER POTATO WEDGES CUCUMBER SALAD VEG MEDLEY CHOCOLATE CHIP COOKIE	<b>18</b> MEATLOAF STEWED TOMATOES ROASTED RED POTATOES GREEN BEANS FRUIT	<b>19</b>
<b>20</b>	<b>21</b> BEEF TACO BAKE SALSA & SOUR CREAM REFRIED BEANS CORN & PEPPERS AMBROSIA	<b>22</b> CHICKEN LO MEIN MINI EGG ROLL ASIAN BLEND VEG BROWNIES	<b>23</b> BBQ PORK ON A BUN BAKED BEANS CARROTS SUGAR COOKIE	<b>24</b> TURKEY POT PIE BISCUIT BROCCOLI GARDEN SALAD CHOCOLATE PUDDING	<b>25</b> LASAGNA CEASAR SALAD GREEN BEANS FRENCH BREAD FRUIT	<b>26</b>
<b>27</b>	<b>28</b> FISH & CHIPS COLESLAW PEAS & CARROTS FRUIT	<b>29</b> SLOPPY JOES ROASTED POTATO WEDGES GREEN BEANS FRUIT CRISP	<b>30</b> SALISBURY STEAK MASHED POTATOES W/ GRAVY VEG MEDLEY BROWNIE	<b>31</b> POT ROAST W/ POTATOES AND VEG GARDEN SALAD ROLL FRUIT	<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts	

# Aging Well Opportunities

## Thank You For Helping Us Bloom

Welcome to Spring & Summer in Fun & Wellness! We hope you have been enjoying the many wonderful sounds, sights, smells, tastes, and feelings of the season.

Just like a little sunshine, water, healthy soil, and care helps the flowers bloom, you can help Fun & Wellness programming bloom and grow by:

- registering if you are 60 years & older,
- volunteering,
- participating, and signing in, for classes and activities,
- contributing voluntary contributions when attending activities (no matter the amount).

Together we can bloom and grow our Fun & Wellness programming with your ongoing participation and support.

**Amanda Munford, Fun & Wellness Coordinator**  
amunford@thehubsheridan.org or (307) 675-4952

**Lisa Wells, Sr. Fun & Wellness Coordinator**  
lwells@thehubsheridan.org or (307) 675-4953

### STAY CONNECTED REMOTELY

- Visit [www.thehubsheridan.org](http://www.thehubsheridan.org) and find out more about joining Hub happenings!
- **Follow us** on the Hub on Smith Facebook & Instagram

## FITNESS

### Happy Feet Cardio Dance

Dance your way to fitness with the fun, talented Sherry Mercer!

**Monday • Wednesday • 8:00-8:55 am • \$5 voluntary 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. No class Friday, July 14 due to Rodeo Parade.

**Monday • Wednesday • Friday • 9:00-9:55 am \$5 voluntary 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. No class Friday, July 14 due to Rodeo Parade.

**Monday • Wednesday • Friday • 10:00-10:55 am •**

**\$5 voluntary contribution • Fitness Room**

### Rise & Shine Yoga

Begin your day by treating yourself well with gentle, restorative Yoga. All levels welcome.

**Thursdays • 8:00-9:00 am • \$5 voluntary contribution • 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.

**Tuesdays • 8:30-9:30 am • \$5 voluntary contribution • Fitness Room**

### 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 • voluntary contributions welcome • Zoom**

### Senior Bowling

Do you love to bowl? Interested in picking the game back up? Senior Bowling is now taking place on Wednesdays at Cloud Peak Lanes. \$9 includes 3 games. Shoe Rental available for an extra cost. No registration needed, just show up at 12:30 pm to be ready to play at 1:00 pm.

**Wednesdays • 1:00-3:00 pm • \$9 fee includes 3 games • Cloud Peak Lanes**

### Treadmill & Stationary Bike

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 • \$5 voluntary contribution • Fitness Room**

### Borrow A Bike Program Discontinued

Due to the lack of storage & cost of maintaining bikes, this program is discontinued effective June 1. Some of the bikes previously on hand have found new owners already. The remaining bikes need good homes too. Please contact a Fun & Wellness Coordinator to check what is available.

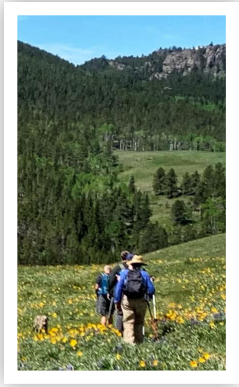
**Mon thru Friday • 9:00 am-2:00 pm • voluntary contributions accepted • Fun & Wellness Department**

## SUMMER OUTINGS

**Thursdays • \$5 voluntary contribution • Lobby**



# Aging Well Opportunities



Enjoy the great out of doors with avid outdoor enthusiasts-retired hydro geologist and Hub Hike Volunteer Leader, Steve Stresky & Sr Fun & Wellness Coordinator, Lisa Wells! Sign up required either online at [www.thehubsheridan.org](http://www.thehubsheridan.org) or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org). Each trip will be confirmed a few days before, depending on weather and conditions, and will be communicated with those

registered. Meet in the Hub Lobby by 9:00 am for carpooling designation. We will usually be back by 4:00 pm. Bring appropriate clothing, water & lunch to enjoy on the trail.

## June 15 Steamboat

“A beacon right off of US Hwy 14, the climb to the top of Steamboat Point tests the lungs and the calves, but the rewards are stunning views,” describes Falcon Guide, Hiking Wyoming’s Big Horn Mountains. The distance out-and-back is a relatively short 1.4 miles, but this hike is rated moderate to difficult based on uneven terrain and steep ascent & descent.

## June 29 Cliff Hanger

Cliff Hanger is a short 0.4-mile hike connected to the Sheridan Community Land Trust Red Grade Trail System and affords unusual views of Bear Gulch. We’ll park at the Bear Gulch East Trailhead, then ascend Cliff Hanger to intersect the other portion of the trail system and will have options from there depending on how far we’d like to hike. Cliff Hanger has some challenging rock obstacles but is considered moderately strenuous only for this short distance. The rest of the trails are easy to hike. The hike averages about 7,600 feet in elevation and ranges from open prairie to forested terrain.

## July 6 North Fork

This hike begins in an upland meadow and descends steeply through thick forest to open meadows of aspen and poplar along North Fork Tongue River. We’ll hike to the confluence with South Fork, where Tongue River proper continues, with a view of Skull Ridge to the north. Two-plus miles round trip. Elevation gain (out and back) 1,280 feet, with a maximum elevation change of up to 600 feet down the steep trail. FS Road 196 to the trailhead is accessed from Route 14, on the “big corner” just past Arrowhead Lodge. Bring lunch and bug repellent, and water shoes if you care to wade the rivers. Flume remnants might be visible on the north side of the

river. This will also be a good opportunity for fishing.

## July 27 Backpacking Trip to Lake Solitude

Our destination is Solitude Lake, aka the “Gem of the Big Horns,” as a three-day adventure. After a long gravel-road drive to the Battle Park Trailhead (Trail 164), we’ll slog up around Elk Mountain, then down to Grace Lake, with an option to stay there, depending on the group’s mood and ability. Preferably we’ll continue to the east end of Solitude and camp there. While Lake Solitude is a destination, Middle Cloud Peake Lake is our off-trail target, with stunning vistas and Golden Trout. The first climb is challenging, with an option to stop at the first series of lakes in Wilderness Basin. If we camp at Grace Lake, then Lake Solitude will be our day hike. Opting out of Wilderness Basin, we also have an option to hike an easier on-trail route to Poacher Lake, although there is no fishing there. Good fitness and back-country skills are required. Bring water shoes for fords, especially at the inlet to Lake Solitude. Experienced backpackers only-must email [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) to sign up.

## August 17 Rock Chuck

We will consider an alternate access to Rock Chuck Pass from what we hiked last year (from Sawmill Divide). The hike will start at the Coney Lake trail head and gain about 800 feet in elevation over 2.5 miles through forest and open meadows. We will start from Sawmill Divide if a scouting trip finds the eastern approach too challenging. The pass reveals sweeping views of the high country, including unique views of Blacktooth, Woolsey and The Innominate.

**The hike is moderate in difficulty at relatively high elevation (about 9,750 feet).**

## August 31 Sawmill Lakes

“A pleasant stroll under a forested canopy, the flows of the West Fork of Big Goose Creek lie to the east of the trail. The trail bisects the Sawmill Lakes and ends at the dam of Sawmill Reservoir,” describes Falcon Guide, Hiking Wyoming’s Big Horn Mountains. The 2.2 mile out-and-back hike is rated easy. Bring a good book or your fishing gear to enjoy on our lunch break!

## CREATIVE CORNER

### 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 voluntary contribution Art Studio**

# Aging Well Opportunities

## Woodcarvers Group

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

**Meets the 1st, 3rd & 5th Saturdays each month • 9:00 am-Noon • \$5 voluntary contribution • Art Studio**

## Sunday Jammers

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 • \$5 voluntary contribution • Fitness Room**

## 3rd Thursday Poetry Group

Join Abbie Taylor and this longstanding gathering of writers as they hone their craft! New members are welcome.

**3rd Thursdays • 2:00-4:30 pm • \$5 voluntary contribution • Community Room**

## Culinary Arts Club

Create delicious, healthy meals and learn new techniques with Amanda Munford and guests. Max 10 participants. Sign up required either online at [www.thehubsheridan.org](http://www.thehubsheridan.org) or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org).

**3rd Tuesdays (No class in August) • 2:00-3:00 pm • \$8 voluntary contribution • Art Studio**

## Acrylic Pour Workshops

Come have fun exploring various acrylic pour techniques using household items. Bring your own canvas or purchase them at reduced costs from the instructors Sharyn Siler and Kathy Crump at class. Paint provided. Show up for one or all dates. Maximum 10 participants. Sign up at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) today!

**Tuesdays, June 13, 20 & 27 • 9:30 am-12:00 pm • \$10 voluntary contribution • Art Studio**

## Ceramic Bowls with Ginger

Play with clay! Local artist Ginger Morris will provide the material and know how to make one-of-a-kind ceramic bowls. Please plan to attend both sessions. Sign up required by Monday, July 31 at [www.thehubsonsmith.org](http://www.thehubsonsmith.org) or contacting a Fun & Wellness Coordinator. Maximum 10 participants.

**Tuesdays August 1 & 8 • 1:00-3:00 pm • \$5 voluntary contribution per class • Art Studio**

## Uke 'an Strum

All levels welcome. Music and basic instruction given. Ukuleles available to try in class. New members are welcome to start on July 7th. Contact Barb or Lacey at 675-4968 with questions or to join. No class

Friday, July 14 due to Rodeo Parade.

**Fridays • 10:00-11:15 am • \$5 voluntary contribution • Community Room**

## Watercolor with Gail Sidletsky

This class is currently full and not accepting new participants.

**Thursdays • 10:00 am-12:00 pm • per session fees payable to instructor at first class**

**Session 1 June 1 to June 15 • \$12.50 fee**

**Session 2 July 20 to Aug 24 • \$25 fee**

## 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. No signup required.

**\*Summer Break-Classes will resume in the Fall**

## 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. You may join at any time. Two sessions now available. Handicap accessible. Contact Janet at 307-752-5312 with questions or to sign up!

**Mondays • 9:00-10:00 am or 10:00-11:00 am • \$5 fee per class paid to instructor • Methodist Church**

## Young at Heart Players Fall Play Planning and Rehearsals

Young at Heart Players Director Pat Tomsovic will hold a gathering at the HUB on Tuesday, August 15th at 9:30 in the Fitness Room for all interested Seniors who might want to be involved in this year's hilarious melodrama entitled *The Shame of Tombstone*. There are roles for 6 women and 6 men. Also, people who might want to be involved in helping with the stage crew are urged to attend. This year's show will include a vocal group singing old time songs during the set change. Both veterans of Young at Heart Players and newcomers are welcome. It's always fun to involve new folks in the troupe.

**Rehearsals will begin Tuesday, August 22 at 9:30 am,** and the troupe will rehearse every Tuesday at that same time. Performances are scheduled for Wednesday and Thursday, November 15 and 16. If you are interested in auditioning or being involved in the show and can't attend the August 15th initial meeting, you can contact the director at 307-752-9070.

**Tuesdays beginning August 15 • 9:30-11:00 am • \$5 voluntary contribution • Fitness Room**

# Aging Well Opportunities

## Summer Bazaar

Hub crafters have been busy! Come and find quality, handmade items for yourself or to give as a nice gift.

**Friday, June 23 • 9:00 am-1:30 pm • No Charge to Attend • Hub Lobby**

## GAMES

**Billiards**-Monday through Friday • 8:00 am-3:30 pm • \$5 voluntary contribution • Billiards Room

**Cribbage**-Tuesdays • 9:30 am-12:00 pm • \$5 voluntary contribution • Café

**Double Deck Pinochle**-Mondays 12:30-3:30 pm • \$5 voluntary contribution • Community Room

**Dominoes**-Friday • 9:30am-Noon • \$5 voluntary contribution • Café

**Mahjong**-Wednesdays • 1:00pm-3:00pm • \$5 voluntary contribution • Lobby

**Poker**-Thursdays • 1:00pm-3:00pm • \$5 voluntary contribution • Café

**Table Tennis**-Monday & Wednesday & Friday • 1:00-2:00 pm • \$5 voluntary contribution • Fitness Room

## 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 & Fun & Wellness Staff for the following tours. The Explore History program is generously funded by the Next50 Initiative.

#### History of Padlock Ranch Tour

Established in 1943 by Homer and Mildred Scott, the historic Padlock Ranch has become an icon of western ranching. You'll get a "behind-the-barn-door" look at how Padlock has upheld its five sustainable purposes of excellent people, stewardship of our natural resources, profitability, positive member of the community and serving as a legacy for the Scott family. Sign up required by Thursday, June 8th at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or (307) 675-4953 with a maximum of 10 participants. Bring a lunch and beverage to enjoy in the Dayton Park after the tour.

**Tuesday, June 13 • 9:45 am • \$5 voluntary contribution for Fun Bus & Carpooling Options • Meet in the Hub Lobby**

#### History Along the Soldier Ridge Trail: A Walking Tour

As long as humans have lived in our valley, the corridor from Soldier Creek to the Bighorns and beyond has been a vital travel route. You'll be able to easily follow in the footsteps of history as you get outdoors in a healthy, fun way and learn about what has unfolded within easy view of the trail as you are among the first people take "History Along the Soldier Ridge Trail: A Walking Tour" - SCLT's newest way to connect people to land and history!

**Tuesday, July 11 • 9:00 am • voluntary contributions welcome • Meet in the Hub Lobby to carpool to trail head.**

#### Big Goose Creek Walking Tour

Big Goose Creek was an essential natural resource for the valley's early inhabitants, into the settlement era and right up to today. Join us for some fresh air and a fun walk as you learn about Big Goose Creek Buffalo Jump, Sheridan Brewery, Sheridan Manufacturing Company Flour Mill, the Mandel Cabin and Sheridan's first cabin, the historic rerouting of Big Goose Creek and much more!

**Tuesday, August 8 • 9:00 am • voluntary contributions welcome • Meet in the Hub Lobby**

#### Antique Roadshow

Local collectors Ken Heuerman along with Sue Heuerman, Wayne Sullenger & Darla Judes combine knowledge to give their best estimate as to the value of your precious items. One item per person. 12:00 pm item drop off. 1:00 pm presentation.

**3rd Wednesdays • 1:00 pm • \$5 voluntary contribution • Community Room**

#### Big Horn Wildflower Outing

We'll wander the lower Red Grade Trails, Prairie Loop & Tip of the Woods, from the Base Trailhead observing wildflowers & discussing opportunistic topics with leader Bob Giurgevich. The trail conditions could be mixed, so hiking boots & walking stick(s) could be useful. Maximum 10 participants. Sign up by contacting Lisa Wells, Sr Fun & Wellness Coordinator at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or (307) 675-4953.

**Tuesday, June 20 • 9:00 am Leave the Hub Lobby and return by 2:00 pm • \$5 voluntary contribution • Rain date Tuesday, June 27**

#### Winter in Yellowstone Presentation

Local, gifted photographer Rex Arney will educate & delight us using photos from his several winter & summer trips to contrast Yellowstone's beautiful diversity. No sign up is required.

**Thursday, June 22 • 10:30 am-11:30 am • \$5 voluntary contribution • Community Room**

# Aging Well Opportunities

## Doc Talk

Developed by Kris Schamber, MD, with Sheridan Memorial Hospital's Primary Care Clinic, this special series offers time with knowledgeable community providers who speak about various health topics in an informal setting allowing time for Q&A.

**Wednesday, August 23 • Noon • Dr Kris Schamber will discuss respiratory diseases • \$5 voluntary contribution • Cafe**

## Victory Garden & Cutting Garden Help Needed

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? Do you love growing flowers to brighten someone's day? Maybe you don't have the time to maintain a garden plot on your own. Join Fun & Wellness Coordinators Amanda Munford & Lisa Wells, plus Hub gardening enthusiasts as we maintain a garden plot at Sagebrush Community Garden, and our Rooted at the Hub raised beds.

**Flexible maintenance schedule • \$5 voluntary contribution • Contact Amanda Munford to participate**

## 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](http://www.getsetup.com) using the code "Wyoming" to access free membership. **Please contact a Fun & Wellness Coordinator (307) 672-2240 with questions.**

## 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.

**On Going Program • \$5 voluntary contribution**

## Tech Practice Sessions available by appointment

Borrow tech or bring your own. We'll help answer questions, practice searching the internet, check out YouTube, play a game, order groceries, have fun with photos, and more! Donations welcome.

**Contact a Fun & Wellness Coordinator to schedule an appointment • \$5 voluntary contribution**

## Scams 101 with the Sheridan Police Department

In this day of modern technology, scammers are figuring out more and more ways to trick you out of your money! During this brief session, the Sheridan Police Department will teach you several clues to look out for to recognize and protect yourself from scams. We will also learn what to do in case you think you are being scammed and what sort of information you will need to report the scam to authorities.

**1st Thursdays of the month beginning July 6th 11:00 am-11:30 am • voluntary contributions welcome • Hub Cafe**

## Passaic, the Forgotten Community in Sheridan County, Wyoming

The Clearmont Historical Group has a new book! Representatives will be at the Hub with copies for sale in the Lobby and host a presentation in the Community Room covering the story of the Community of Passaic, located in the northeastern corner of Sheridan County, WY. Follow along from the beginning of Passaic area, including how it got its name, the settling of the area under the homestead act, hardships and the women, social life, and events that resulted in what the present day of Passaic area is today.

**Wednesday • June 21 • 10:30 am-11:30 am Community Room Presentation • 11:30 am-12:30 pm Lobby Book Signing • voluntary contributions welcome**

**"Do I Need A Will? Does It Avoid Probate? Or, Do I Need A Trust? - I Heard I Don't Need Any Of That If I Just Add My Children To My Home And To My Bank Accounts" - Presentation and discussion with Christopher Sherwood, Attorney, Yonkee & Toner, LLP**

Interested in learning more about adding your children or other beneficiaries to the deed to your home and to your bank and other financial accounts? What happens if you die without having signed a Will? Or, what if you die with a Will? Or, how about avoiding Probate with a Revocable Living Trust? 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 your beneficiaries. We will discuss and answer your questions and more. Please join us.

**Thursday • June 29 • 11:00 am-12:00 pm • voluntary contributions welcome • Community Room**

## CELEBRATIONS

RODEO WEEK

# Aging Well Opportunities

## Roping Demo

Local, youth roper and Vegas Tuffest Jr. World Championship Qualifier Joe Panetta will show us how its done!

**Tuesday, July 11 • 12:30 pm • Café Stage**

## Carnac the Magnificent

“Psychic” Mike Kuzara will mystify us “divining” unknown answers to unseen questions.

**Wednesday, July 12 • 12:30 pm • Café Stage**

## Dave Munsick, Singer of Stories-Teller of Songs

Kick back at high noon and enjoy local favorite, Grand Ole Opry performer, recording artist, and all around great guy-the incredibly talented Dave Munsick! He'll be here to “make our day a little better.”

**Thursday, July 13 • High Noon • Café Stage**

## Rodeo Parade

Our grand Sheridan WYO Parade is the most marvelous “hometown parade” ever! Streamed live in the Hub Café thanks to Sheridan Media. Come beat the heat & join us!

**Friday, July 14 • 10:00 am • Café**

## Tea & Treats at Gallery on Main

Join us for a lovely drive to Dayton to visit *Gallery on Main* for tea, treats, art, and wonderful company. Bring funds for your tea, treats and if something catches your eye, art purchases.

**Wednesday, June 28 • 10:30 am-1:00 pm • \$5 voluntary contribution for the Fun Bus • Lobby**

## Ice Cream, Art & Lunch

Summer is an especially excellent time to enjoy dessert before lunch! Join us for a trip to Scoops for ice cream in the park before heading to Sheridan Fulmer Library to view the Steve Bourne Photography Exhibit. “My photography work generally covers the Northern Wyoming area and other places that I find of interest,” Steve states on his Facebook page. Bring funds for your Scoops selection and to purchase any of Steve’s beautiful artwork on display.

**Thursday, June 28 • 10:00 am-1:00 pm • voluntary contributions welcome • Lobby**

## 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! If you are interested in receiving our monthly email please contact a Coordinator.

Contact a Family Caregiver Coordinator by calling **672-2240** or email for information or to sign up.

Emily Keith at x122 egorham-keith@thehubsheridan.org  
Terah Versham at x121 tversham@thehubsheridan.org

### Caregivers Support Group Meetings

**Mondays • 10:00-11:00 am • Community Room**

**Mondays • 3:30-4:30 pm • Conference Room**

### Older Relative Caregiver (ORC) Meetings\*

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

### 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 the Loan Closet at (307) 672-2240 to learn more about the Pet Companion program today!

## SERVICES

### Alterations by Marcine

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

**June 14, July 5 & August 2 • 9:00-10:00 am • voluntary contributions 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 to schedule your appointment.

**Wednesdays • 11:00 am-1:00 pm • voluntary contributions welcome • Lobby**

### 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.

### Medicaid

Nancy from EnrollWyo wants to remind you to be sure your Medicaid information to the State is up to date. Wyo Medicaid is reviewing all applications to be sure everyone on Medicaid still qualifies for Medicaid.

# Aging Well Opportunities

If your information is not correct, you may have to reapply for Medicaid. If you have questions please call Nancy at 307-461-9099.

## Am I eligible for Medicare or Medicaid?

People who qualify for Medicare are those who are going to be 65 years or older, on disability for 2 years, have renal failure or AIDS. Those who can qualify for Medicaid (State Program) are those on limited income and 65 years or older and some people depending on their income.

## Building Rental

Looking for an awesome meeting space? The Hub on Smith has rooms to reserve. During regular business hours Monday through Friday from 7 am to 4 pm, there is a suggested contribution of \$20. After hours, rates vary depending on the room. Please contact a Fun & Wellness Coordinator for additional information or to reserve your space.

## DEMENTIA FRIENDLY WORKSHOPS



### Dementia Friendly Wyoming Workshops

Join us in the Community Room on the following Wednesdays for these enlightening, in-person learning opportunities. No sign up needed.

Donations welcome. We extend an open invitation to the entire community to attend. These sessions are especially relevant to individuals living with dementia, care partners, and other professionals who wish to enhance their awareness and skills in aging and dementia within the community.

Workshops are created by incorporating the insights, perspectives, and voices of persons living with dementia, their families, and the Dementia Friendly Wyoming Director, Heather Comstock, MSC in Dementia Studies.

### Demystifying the Signs and Symptoms of Dementia

This workshop will provide an overview of the signs and symptoms of dementia and how changes in cognition will affect a person's capabilities in the early, middle, and late stages of the condition.

You will also learn practical strategies to support individuals experiencing fluctuations in their everyday abilities. Don't miss this opportunity to gain situational insight and improve everyday communication with persons living with dementia.

**Wednesday, June 7 • 10:00 am-11:30 am • voluntary contributions welcome • Community Room**

### Preparing for Doctor Visits

This workshop offers practical advice to people living with dementia and their care partners on how to prepare for doctor visits. This session covers strategies for prioritizing questions, ongoing concerns, and communicating effectively with your healthcare team. Attendees will discuss how they track

symptoms to share with doctors and will gain the knowledge and confidence to take an active role in their healthcare, improving their quality of life.

**Wednesday, June 14 • 10:00 am-11:30 am • voluntary contributions welcome • Community Room**

### Strategies to Overcome Challenging Conversations

Living with dementia can create communication challenges during everyday conversations. Individuals living with dementia and their caregivers have found that learning new communication strategies increases trust and cooperation while decreasing stress and confusion. Attending this session on communicating with empathy will help improve your current communication skills and provide a proactive approach to dealing with future uncertainties that may arise during difficult conversations.

**Wednesday, August 2 • 10:00 am-11:30 am • voluntary contributions welcome • Community Room**

### Preparing for the Unexpected

We are pleased to welcome our guest speaker, Bonnie Erickson, President and co-founder of the National Council of Dementia Minds. As an expert, through her personal experience of living with dementia, Bonnie will share the process she went through in creating a book that contains all of her important documents, including a detailed summary of her end-of-life wishes. She will also present how, through photography, she captures important everyday life moments and organizes these memories into a Shutterfly book yearly to preserve them for herself and her family.

**Wednesday, August 9 • 10:00 am-11:30 am • voluntary contributions welcome • Community Room**

# hub on smith donors FEB 1, 2023 – APR 31, 2023

- Timothy Tarver
- National Society of the Colonial Dames
- John Drake
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David.....	Dearcorn



## WE ARE OPEN!

**Open Tuesday-Saturday  
10am-5pm**

Don't let the Main St construction keep you from your favorite thrift store!  
We are open and have great deals for you!

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## CONTACT US TODAY

Main Phone: (307) 672-2240

Fax: (307) 674-9866

- Caregiver Support
- Day Break
- Help at Home
- Home-Delivered Meals
- Support Center

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

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

Tongue River Valley Services:  
(307) 655-9419

Urban Thrift: (307) 675-1974

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## JOIN US FOR CAREGIVER SUPPORT +

Caregiver Support + is a monthly presentation on topics to support those caring for an elderly loved one or older caregivers raising young children

Upcoming Monthly Presentations at The hub on  
Smith

Dr. Viviann Tran

Caregiver Mental Health & Well-Being

June 5th

10-11:30am

The Hub on Smith Community Room

Check our website for July and August programs