



Sheridan Press, 1975: Mary Kraft, chief cook in the Older American Food and Nutrition program, cleans the glass in one of the steam table units.

Reflecting on 50 years

A Note From the Executive Director

Dear Friends,

As we approach The Hub on Smith's 50th Anniversary on December 17th, 2023, I am filled with gratitude for the remarkable journey

this organization has taken. I am honored to have been a part of this effort for the past 23 years, almost 24.

Before me, Ky Dixon was at the helm, and I am grateful for her support and friendship over the years. She, her staff, and the founding Board Members set up our senior center for success in numerous ways.

[See full article on PG 3](#)

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Dr. Sy Thickman

1972: The Senior Citizen's Coordinating Council is formed in response to the growing need for services for seniors in Sheridan County, Wyoming.

Senior Citizens Council Founding Members of the Board of Directors

December 17, 1973

- Mr. Ed Rohmann
- Mrs. Anita Laughton
- Mr. Willard Beck
- Mrs. Vivian Hovey
- Mr. Harold Bryce
- Mrs. Jean Taylor
- Mrs. Darlene Elliot
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- Mrs. Esther McKenzie
- Mrs. Minnie Lerner
- Mr. Robert Shire
- Mrs. Janet Livingston
- Lt. Wayne Froderberg

Reflecting on 50 years CONTINUED FROM COVER

Some of the early decisions and strategies included:

- Developing strong partnerships with the City of Sheridan, Sheridan County and the Towns of Ranchester and Dayton.
- Locating the senior center in downtown Sheridan at 211 Smith Street.
- Building strong relationships throughout the community with local foundations, donors, and businesses.
- Listening deeply to the needs and concerns of the people who use the programs and services and acting upon what they heard and saw.

Today, Sheridan's senior center, the Hub on Smith, is a place where warmth and belonging greet you at the door. Our community values and respects its elders, recognizing their invaluable contributions to our well-being. Our vision is simple yet profound: Sheridan is a community that strengthens and supports its elders, who, in turn, contribute to the well-being of all.

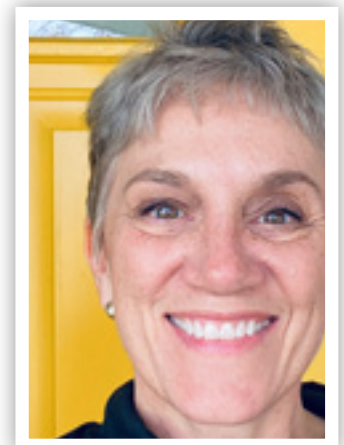
For five decades, we've been dedicated to providing programs and services that help

older adults live in their communities for as long as they can. Beyond services that our obvious when you walk in the door, the Food and Fun, we offer a Support Center, Help at Home program, Family Caregiver Program, Loan Closet, Home Delivered Meals, Day Break Adult Day Care, Dementia Friendly Wyoming, and Goose Creek Transit.

As we celebrate our 50th Anniversary, let's look forward to the incredible work ahead. The warmth, unseen services, and unwavering commitment will continue!

Thank you for being part of our journey. Here's to more years of celebrating, embracing, and serving the older adults of our communities for the betterment of all. Come down and join us as we celebrate 50 years throughout October 2023 – September 2024!

Warmest wishes for the holiday season,



CARMEN RIDEOUT,
Executive Director



Photo: The Sheridan Press

1973: The Coordinating Council incorporates into a private non-profit organization known as The Senior Citizens Council.

Get Involved at The Hub

Job Opportunities

We currently have several positions open. Check them out by visiting:

thehubsheridan.org/human-resources-employment/potentialemployees

To apply:

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

211 Smith Street
Sheridan, WY 82801
attn: Sheree Childers-Cossel, Director of HR

or email to:

scossel@thehubsheridan.org

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

Volunteer Opportunities

- **Snow Patrol**
- **Trailblazers**
- **Urban Thrift**
- **Home Delivered Meals**
- **Café (Mornings)**

If you are interested in volunteering, please contact:

Marcie Morrow, Volunteer Coordinator
(307) 672-2240 ext. 134
mmorrow@thehubsheridan.org

More information can be found by visiting thehubsheridan.org/volunteer



The Loan Closet

Hours of Operation

Monday – Friday
12 pm – 4:00 pm

Drop-off times 1:00 - 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 (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

New Volunteer Opportunities

Snow Patrol

The Hub on Smith has teamed up with the City of Sheridan to provide snow removal services for those in need. We are accepting applications for volunteers and hope that you will join us to provide this vital service this winter, to help the vulnerable members of our community.

The City has created a convenient smart phone app for volunteers that identifies addresses, notes for special info and what needs to be done at that location.



With every location completed, volunteers' names will be entered in monthly drawings. Prizes include gift cards for gas and for local eateries in Sheridan!

(To **receive** this service, please call the City of Sheridan at 674-4112 to get signed up)

Trailblazers

Trailblazers are a special group of volunteers serving vulnerable seniors to help encourage their involvement in services and activities offered by The Hub. Trailblazers will meet monthly for continuing education, connection, and support.

Meets Last Wed of the Month • 1-2:00 pm • Community Room

We need your help!

Use this QR code to access our volunteer application.



How?

1. Open your phone's built-in camera.
2. Point the camera at the QR code.
3. Tap the banner that appears on your phone.

Meet Our Registered Dietitian: Jordan McCoy



I'm Jordan McCoy, your Registered Dietitian at The Hub. I am a Sheridan native and excited to assist you on your nutritional journey. I have degrees in Exercise and Sports Science, Kinesiology and Dietetics.

My husband and I, avid outdoor enthusiasts, love fly fishing, archery hunting, and own seven mules! As a dedicated athlete training for ultra marathons, I cherish experimenting with healthy recipes, from fermenting foods to making homemade jerky and exploring ancient grains.

I have been truly impressed by the exceptional quality and variety of nutritional services offered at The Hub. Our Executive Chef, Kevin Coleman, takes pride in sourcing local ingredients and preparing homemade, from-scratch meals. In fact, more than 95% of the meals we

serve and deliver are crafted from honest ingredients that can be pronounced. Our aim is to provide well-balanced, nutrient-dense meals to support all generations in our community.

Our meal program is a testament to our commitment to nourishment. Currently, over 250 community members benefit from our home-delivered meals, allowing them to age in place with the proper and quality nourishment they deserve.

If you have any questions or would like more information about our nutritional services here at The Hub, please don't hesitate to reach out. We're here to provide nourishing food, offer education on appropriate nutrition as we age, and share health-related resources with our community.

Embracing Warmth

Combating Winter Loneliness Among Older Adults in Our Community

As the days grow shorter, and the temperature drops, it is important to remember the challenges that many older adults in our community face, particularly during this season – loneliness.

Loneliness can be an ever-present companion for some, and the winter months seem to intensify this feeling. The cold weather and reduced daylight can make it more difficult to get out and engage with others, which can lead to a sense of isolation and desolation.

For older adults, in particular, this time of year can be especially trying. Many may live alone, have limited mobility, or face health challenges that make it hard to socialize. Loneliness isn't just an emotional burden; it can have serious health implications as well. Studies have shown that loneliness can lead to increased stress, depression, and even physical health issues.

As individuals, families, neighborhoods, and communities we can come together and ensure that the older adults among us do not feel forgotten or isolated during these long winter months. Simple acts of kindness and connection can make a world of difference.

A phone call, a visit, or even a handwritten letter can brighten someone's day and provide them with the companionship they crave. Sharing

stories, laughter, and even a warm cup of tea can create a sense of belonging and warmth that can alleviate the winter blues.

Additionally, if you're aware of an older adult in your community who may be especially vulnerable to loneliness, please consider offering your support. Perhaps you can help with grocery shopping, snow removal, or simply keeping them company on a cold evening. Small acts of kindness can make a big difference.

Furthermore, organizations like the Hub on Smith are here to provide assistance and support to older adults in our community. We offer programs, social activities, and services that can help combat loneliness during the winter months.

Let's make an extra effort to connect with the older adults in our lives and show them that they are valued, loved, and an essential part of our community. Loneliness can be pervasive during this time of year, but together, we can make a difference.





A Nurse Practitioner's Guide to Confidence and Vitality in Aging in Place

We are fortunate to have a friend and experienced Nurse Practitioner, Brenda Fischer, who has been an invaluable advisor for our Help at Home program over the years. Her wealth of knowledge and expertise has not only guided us in providing exceptional care but has also given us valuable insights into aging in place successfully. Today, we're excited to share her wisdom with you as what she has seen as the the three most important things to do to age in place with confidence and vitality.

1. Fall Prevention:

Falls are a common concern for older adults, and their consequences can be serious. Fall prevention includes simple steps such as decluttering your home, installing handrails, using non-slip mats, and ensuring good lighting can significantly reduce the risk of falls. Regular exercise to improve balance and strength is another vital aspect of fall prevention. Don't hesitate to consult with healthcare professionals for guidance on a personalized exercise plan.

2. Manage Prescriptions:

Managing medications can become increasingly complex as we age, especially if multiple prescriptions are involved. Staying organized when it comes to medications is crucial. Create a

medication schedule, use pill organizers, and keep an updated list of your prescriptions, including dosages and potential side effects. Regularly consult your healthcare provider to review your medications and discuss any concerns. Avoid self-adjusting dosages, and never hesitate to ask questions about your medications.

3. Know Your Community Resources:

The importance of knowing and utilizing community resources may not be something that first comes to mind for most. Many communities, including ours, offer a wide range of services and programs tailored to older adults. These resources can include transportation services, meal delivery programs, senior centers, support groups, and more. Familiarize yourself with what is available in your community and don't hesitate to reach out when needed. At The Hub on Smith, we are here to assist you in connecting with these valuable resources.

We hope that these words of wisdom from our friend and advisor inspires you to take proactive steps toward successful aging in place. Remember, you are not alone on this journey, and there is a wealth of support available to help you thrive in the comfort of your own home.

“There are only four kinds of people in the world: those who have been caregivers, those who are caregivers, those who will be caregivers, and those who need them.”

-Rosalyn Carter



Photo: 1993, Atlanta, GA, Credit - Rick Diamond

Rosalynn Carter: Honoring a Legacy of Compassion and Advocacy for Caregivers and Older Americans

In the landscape of American history, certain figures shine as figures of compassion, empathy, and advocacy. Rosalynn Carter, former First Lady of the United States, stands prominently among them for her steadfast commitment to the National Family Caregiver Program and the well-being of older Americans.

In a poignant twist of timing, Rosalynn Carter's passing occurred during the month of November, designated as National Family Caregiver Month. As the nation grapples with the loss of a compassionate advocate, it is impossible to overlook the symbolic significance of her departure last month, a month dedicated to recognizing the tireless efforts of caregivers.

Mrs. Carter's involvement in the National Family Caregiver Program was driven by a desire to shed light on the often unseen and underappreciated work of caregivers. She recognized that caregivers not only provided essential support but also made significant personal sacrifices, putting the needs of their loved ones before their own.

Rosalynn Carter's understanding of the sacrifices made by caregivers was deeply rooted in her personal experiences and empathy. Her life was marked by a strong commitment to family and community, and she witnessed firsthand the challenges faced by individuals caring for their loved ones.

Growing up in the rural South, Mrs. Carter was immersed in a close-knit community where families often relied on each other for support. This upbringing fostered a keen awareness of the interconnectedness of people's lives and the importance of looking out for one another. Additionally, as a wife and mother, she navigated the complexities of balancing family responsibilities with public life during her husband Jimmy Carter's political career.

Rosalynn Carter's understanding of caregiving also stemmed from her work in mental health advocacy. As First Lady, she brought attention to the often-overlooked issues of mental health and caregiving. Through her efforts, she worked to destigmatize mental health challenges and promote compassionate care for those affected. In doing so, she engaged with individuals and families facing the emotional and practical demands of caregiving.

Furthermore, Mrs. Carter's commitment extended to the older American population, a demographic often overlooked in the fast-paced modern world. Recognizing the wisdom, experience, and vitality that older individuals bring to society, she tirelessly promoted initiatives that safeguarded their well-being and ensured they received the respect and care they deserved. By advocating for improved healthcare, social services, and community engagement for older

Americans, Rosalynn Carter left an indelible mark on the nation's approach to aging.

As we mourn the loss of Rosalynn Carter, we must also celebrate the enduring impact of her advocacy. Rosalynn Carter's legacy continues to inspire generations, reminding us that the strength of a nation lies in its compassion and care for its most vulnerable citizens. As we reflect on her contributions to the National Family Caregiver Program and the well-being of older Americans, we are compelled to carry forward her torch of empathy and advocate for policies that prioritize the dignity and welfare of every individual, regardless of age or circumstance.

In honoring Rosalynn Carter, we not only celebrate a remarkable woman but also renew our commitment to building a society that cherishes and uplifts its caregivers and older citizens.



Former first lady Rosalynn Carter speaks during a Senate Special Committee hearing on Aging on Capitol Hill in Washington on May 26, 2011.
(Saul Loeb/AFP via Getty Images)



Photo: The Sheridan Press

1980: The City of Sheridan purchases land at 211 Smith Street to build the Senior Center in downtown Sheridan.

SMILE NOW! Chester Powell snaps a picture of, left to right, Stella Tucker, Mamie and Hal Streeter and Ed Williams as they and other older residents carefully monitor progress on the Senior Citizens Center. Funding has come

through the optional one cent sales tax. Randall Construction is erecting the structure on Smith Street. (Press photo by Lash Bristol)



Photo: The Sheridan Press



Photo: The Sheridan Press

Senior Citizens Center in Sheridan is the first project built with optional one cent sales tax.

December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					SUBJECT TO CHANGE *Indicates Item Contains Nuts BBQ PORK SANDWICH DR. PEPPER BAKED BEANS CARROTS FRUIT	
3	4	5	6	7	8	9
	KIELBASA, CABBAGE, & POTATO SOUP ROLL GARDEN SALAD VANILLA PUDDING	CHICKEN STRIPS MASHED POTATOES AND GRAVY CORN BISCUIT MIXED FRUIT	POT ROAST POTATO & VEG ROLL GARDEN SALAD SPICE CAKE	BAKED CHICKEN THIGHS CREAMY RISOTTO VEGETABLE MEDLEY RASPBERRY OAT BARS	MEATLOAF STEWED TOMATOES MASHED POTATOES AND GRAVY PEAS AND CARROTS OATMEAL COOKIE	
10	11	12	13	14	15	16
	CHILI CORN MUFFIN VEGETABLE MEDLEY FRUIT	HOT HAMBURGER MASHED POTATOES W/ GRAVY GREEN BEANS PEANUT BUTTER COOKIE	DILL SALMON OLD BAY ROASTED POTATOES PEAS FROSTED YELLOW CAKE	BEEF STEW BISCUIT CAULIFLOWER GARDEN SALAD LEMON PUDDING	CHICKEN ENCHILADA BAKE MEXICAN RICE PEAS AND CARROTS BROWNIES	
17	18	19	20	21	22	23
	SALISBURY STEAK MASHED POTATOES AND GRAVY CORN PUDDING	BEEF STROGANOFF HONEY WHEAT ROLL VEGETABLE MEDLEY FRUIT	HAM AND MACARONI BAKE BROCCOLI FRENCH BREAD CHOCOLATE COOKIE	CHICKEN MARSALA ROASTED ZUCCHINI GARLIC BREAD FRUIT CRISP	CHRISTMAS DINNER BAKED HAM GARLIC MASHED POTATOES STUFFING ASPARAGUS ROLL CHOCOLATE PUDDING	
24	25	26	27	28	29	30
 Christmas Eve	 Christmas Day	CHICKEN FRIED STEAK MASHED POTATOES & GRAVY VEG MEDLEY TROPICAL FRUIT	LASAGNA FLORENTINE GARLIC BREAD STEAMED BROCCOLI MIXED BERRY CRUMBLE	NEW YEAR'S EVE PARTY SHRIMP SCAMPI OVER WILD RICE PILAF ROASTED BRUSSELS SPROUTS VANILLA CAKE	BBQ PORK RIBS BAKED BEANS COLESLAW VEG MEDLEY FRUIT	

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31 New Years Eve 	1 NEW YEAR'S DAY CHILI CINNAMON ROLL VEGETABLE MEDLEY FRUIT COCKTAIL New Years Day	2 ROAST TURKEY MASHED POTATOES W/ GRAVY VEGETABLE MEDLEY CHOCOLATE SURPRISE CAKE	3 CHEESEBURGER ON A BUN POTATO WEDGES CARROTS APPLESAUCE	4 OLD FASHIONED GOULASH GREEN BEANS ROLL BUTTERSCOTCH PUDDING	5 BAKED COD WILD RICE VEGETABLE MEDLEY RASPBERRY BAR	6
7	8 COUNTRY CHICKEN FRITTER MASHED POTATOES AND GRAVY PEAS AND CARROTS TROPICAL FRUIT	9 LASAGNA WHEAT ROLL ROASTED ZUCCHINI LEMON PUDDING	10 WESTERN BEAN BAKE CORN MUFFIN GREEN BEANS APPLE PIE BAR	11 SWEDISH MEATBALLS EGG NOODLES STEAMED BEETS VANILLA CAKE	12 VEGETABLE BEEF BARLEY SOUP WHEAT ROLL GARDEN SALAD FRUIT	13
14	15 POT ROAST W/ POTATOES & VEGETABLES BROCCOLI LEMON PUDDING Martin Luther King Day 	16 CHICKEN ENCHILADA BAKE REFRIED BEANS SUNSHINE CARROTS FRUIT	17 SPAGHETTI W/MEAT SAUCE VEGETABLE MEDLEY CAESAR SALAD APPLE CRISP	18 OPEN FACED TURKEY SANDWICH MASHED POTATOES & GRAVY BRUSSEL SPROUTS BROWNIES	19 MEATLOAF STEWED TOMATOES CAULIFLOWER BAKED POTATO ROCKY ROAD PUDDING	20
21	22 HEARTY HAM & 3-BEAN SOUP VEG MEDLEY BISCUIT PEACHES AND CREAM	23 TACO SALAD SPANISH RICE CORN CHOCOLATE CHIP COOKIE	24 PULLED BBQ CHICKEN SANDWICH POTATO WEDGES GREEN BEANS VANILLA PUDDING	25 BEEF STROGANOFF EGG NOODLES WHEAT ROLL VEGETABLE MEDLEY CHOCOLATE ZUCCHINI CAKE	26 CHEESEBURGER POTATO WEDGES VEGETABLE MEDLEY GARDEN SALAD	27
28	29 SHEPHERD'S PIE BROCCOLI ONION ROLL OATMEAL COOKIE	30 CHICKEN MARSALA RICE PILAF CARROTS FRUIT	31 SALISBURY STEAK MASHED POTATOES AND GRAVY GREEN BEANS BERRY CRISP	SUBJECT TO CHANGE *Indicates Item Contains Nuts		

February 2024

BLACK HISTORY MONTH

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

**Indicates Item Contains Nuts*

1

TURKEY NOODLE SOUP
ROLL
GREEN BEANS
PUDDING

2

PORK ROAST
MASHED POTATOES AND GRAVY
CAULIFLOWER
FRUIT CRISP

3

Groundhog Day



4

5

CHICKEN POT PIE
BISCUIT
VEGETABLE MEDLEY
GARDEN SALAD
TROPICAL FRUIT

6

¼ LB. BEEF HOT DOG
CHIPS
COLESLAW
CHOCOLATE CHIP COOKIE

7

SHRIMP SCAMPI
WHITE RICE
GARLIC BREAD
GREEN BEANS
BROWNIE

8

BEEF STROGANOFF W/ EGG NOODLES
STEAMED BEETS
ROLL
PEACHES AND CREAM

9

GLAZED HAM
ROASTED SWEET POTATOES
VEGETABLE MEDLEY
ROLL
LEMON PUDDING

10

11

12

BEEF TACO BAKE
REFRIED BEANS
SOUTHWEST CORN
APPLESAUCE

13

CHICKEN CORDON BLEU BAKE
WILD RICE PILAF
VEGETABLE MEDLEY
BANANA BREAD

14

VALENTINE'S DAY
CHICKEN FRIED STEAK
MASHED POTATOES AND GRAVY
CARROTS
FRUIT



Valentines Day

15

DILL SALMON
MUSHROOM RISOTTO
PEAS & CARROTS
BROWNIES

16

MEATLOAF
MASHED POTATOES AND GRAVY
NORMANDY VEGETABLES
COOKIE

17

18

19

SALISBURY STEAK
MASHED POTS & GRAVY
GREEN BEANS
MIXED FRUIT



Presidents Day

20

LASAGNA
VEGETABLE MEDLEY
GARLIC BREAD
CHOCOLATE ZUCCHINI CAKE

21

BAKED CHICKEN THIGHS
MASHED SWEET POTATOES
BROCCOLI
OATMEAL RAISIN COOKIE

22

BBQ PORK SANDWICH
POTATO WEDGES
COLESLAW
CAULIFLOWER
ROCKY ROAD PUDDING

23

SPAGHETTI W/ MEAT SAUCE
VEG MEDLEY
GARLIC BREAD
BERRIES AND CREAM

24

25

26

BEEF ENCHILADA BAKE
RANCH BEANS
CORN
FRUIT

27

BBQ PORK RIBS
DR. PEPPER BAKED BEANS
CASCADE VEG
GARDEN SALAD
PEACH BAR

28

CHICKEN ALFREDO
ROASTED ZUCCHINI
FRENCH BREAD
TAPIOCA PUDDING

29

SANTA FE CHILI
CHEESY BROCCOLI
CORN MUFFIN
CHOCOLATE CHIP COOKIE

Aging Well Opportunities

Navigating the Holidays

As we continue to highlight our collaboration with NAMI Sheridan (National Alliance Health Initiative), Fun & Wellness would like to offer some tailored strategies to support well-being as we age. Firstly, acknowledge and embrace the changes that come with this stage of life, allowing grace to redefine what holidays mean to you. Simplify festivities by focusing on meaningful connections rather than elaborate preparations. Prioritize self-care, ensuring you get adequate rest, engage in activities you enjoy, and maintain a healthy routine. Consider sharing your feelings with trusted friends or family members; expressing your emotions can be a powerful way to alleviate stress. Embrace the concept of selective engagement, participating in activities that bring joy while respectfully declining those that may cause undue stress. Reflect on the wisdom and experience you've gained over the years, recognizing the resilience that has carried you through various challenges. Lastly, be open to creating new traditions that align with your current preferences and abilities. Together, let's navigate the holidays with a focus on self-compassion and the celebration of the unique strengths that come with the passage of time.

Hub Registration

A special shout out of thanks to Patrons who register and scan in for activities! Your support ensures we understand programming needs and preferences as well as reporting accuracy to the state and other funders. Not currently registered? It's easy! Stop by the Front Desk and you will be directed to a helpful Volunteer or Intake Specialist.

Lisa Wells, Sr. Fun & Wellness Coordinator

lwells@thehubsheridan.org or (307) 675-4953

Amanda Munford, Fun & Wellness Coordinator

amunford@thehubsheridan.org or (307) 675-4952

Visit thehubsheridan.org & [Activities Calendar](#)
Follow us on Facebook & Instagram

FITNESS

Happy Feet Cardio Dance

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

Monday • Wednesday • 8-8:55 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.

Monday • Wednesday • Friday • 9-9:55 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.

Monday • Wednesday • Friday • 10-10:55 am • \$5 Voluntary Contribution • Fitness Room

Tai Chi

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

Tuesdays • 8:30-9:30 am • \$5 Voluntary Contribution • Fitness Room

Walking Club at the Y

No need to be a member of the YMCA to participate.

Mention you are a Registered Hub Patron at the YMCA's Front Desk, head to Gym 3, and get your walk in!

Tuesdays • 8:30-9:30 am • YMCA Gym 3

Rise and Shine Yoga

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

Thursdays • 8-9:00 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 • Donation 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 • 1-3:00 pm • \$9 Fee Includes 3 games • Cloud Peak Lanes

Treadmill & Stationary Bikes

Stop by and get fit on a recumbent-stationary bike or treadmill. These pieces of exercise equipment are available when other Fitness Room activities are not in session. Please contact a Fun & Wellness Coordinator for further information.

Mon thru Fri • No Sign Up Required • \$5 Voluntary Contribution • Fitness Room

Aging Well Opportunities

WINTER SNOWSHOE & CROSS COUNTRY SKI OUTINGS



Select Thursdays • January 4, 18, & February 1, 8 • \$5 Voluntary Donation • Meet 9:30 am in the Hub Lobby

Join Steve Stresky & Lisa Wells in the great out of doors! Sign up required. Each trip will be confirmed a few days before, depending on weather and conditions, and be communicated with those registered. Meet in The Hub Lobby by 9:30 am. We will be back by 4:30 pm unless otherwise communicated. Bring equipment—we have some to reserve—appropriate clothing, water & lunch to enjoy on the trail.

Possible Trails include—

- **Sibley Lake:** This Nordic trail system is a favorite due to well-groomed trails and a warming hut with two stoves and plenty of firewood. The trail system has about 15 miles of groomed trails between 7,700 and 8,400 feet in elevation with gentle grades and a couple of hills. While we normally do an out-and-back that features Sibley Lake views followed by lunch at the hut, those who wish to return on optional loops will extend the challenge.
- **Cutler Hill:** This ski trail system has about 4 miles of packed trails that are between 8,100 and 8,600 feet in elevation. The system was developed for people wanting to bring their dogs. Several loop options are available, including a frozen wetland loop and some more challenging hills that yield views of Black Mountain and the granite outcrops above Sibley Lake. Word is there's a new warming hut up there!
- **Pole Creek Nordic Ski Area:** Located 20 miles west of Buffalo, this system includes 11 miles of groomed trails at 8,200 to 8,400 feet in elevation. Grooming consists of corduroy for skaters and snowshoers and

set tracks for classic-style skiers. The trails are mostly forested, but also cross open meadows and upland areas with views of the hug country of the Bighorn Divide.

- **Antelope Butte:** Trails are divided into four loops above 8,400 feet in elevation that provide a variety of skill levels, from flattish, prairie loops to forested ungroomed routes through deep snow. The trails wind through lodgepole pine forests and break into large open parks offering scenic views. We may be able to eat our lunch in the newly renovated lodge, however, we've enjoyed lunch on the trail under sunshine & blue skies in previous years.
- **Powder Pass:** Powder Pass 449 is located at Powder River Pass, 33 miles west of Buffalo on the north side of U.S. Highway 16. The area includes 2,940 acres of trees, steep valleys, and a few cleared spur roads, with snowmobile trails and back-country options for snow shoeing and skiing. Parking (difficult to see from the highway) is available behind the highway delineators.

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 • 1-3:00 pm • \$5 Voluntary Contribution • Art Studio

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](tel:307-752-5312) with questions or to sign up!

Mondays • 9-10:00 am or 10-11:00 am • \$5 Fee per Class Paid to Instructor • Methodist Church

Uke 'an Strum

All levels welcome. Music and basic instruction given. Ukuleles available to try in class. New members are welcome to start at 9:30 am for beginner lessons. Contact Barb or Lacey at [675-4968](tel:675-4968) with questions or to join.

Fridays • Beginners 9:30 am • Jam Session 10-11:15 am • \$5 Voluntary Contribution • Community Room

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

Aging Well Opportunities

3rd Thursday Poetry Group

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

3rd Thursdays • 2-4:30 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 thehubsheridan.org or call Amanda at (307) 675-4952.

3rd Tuesdays (no class in December) • 2-3:00 pm • \$8 voluntary 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. No signup required.

2nd Saturday of each month • 12:30-3:30 pm • \$7 Fee Payable to Instructor at Each Class • Art Studio

Craft Fusion Haven

Talented, local artist Sharyn Siler will guide us in creating interesting junk journals, collage art, and more! Learn Gelli printing and other mixed media techniques. Bring your own ideas and share them with the class. There will be a charge for some kits. No sign up required.

Tuesdays • Beginning January 9 • 9:30-11:30 am • \$5 Suggested Contribution • Art Studio

Hubcaps Christmas Performance

Come and enjoy a Hallmark inspired Christmas Show directed by the amazing Suzie Hills, including talented, local choir voices, actors, and band members. Arrive early for sing-along caroling. Don't be surprised if a jolly, certain someone shows up!

Wed, December 6 • 1:30-2:30 pm & 6:30-7:30 pm • Thurs, December 7 • 1:30-2:30 pm • \$5 Voluntary Contribution • Café

Creative Aging Hupcaps & Lugnuts

Join the talented Amanda Patterson, Lead Teaching Artist, and Aspen Grove Music Studio Owner, for these welcoming Creative Aging Programs consisting of 8-week workshops, and culminating performances so participants can share what they've learned and practiced! The Hubcaps Choir workshops are geared toward those of all abilities and musical interests. The Lugnuts Band workshops are designed to reignite the musical passion and talents of those who currently or previously played instruments, solo or in a band. These programs have been funded through a generous Wyoming Arts Council Creative Aging grant.

Hubcaps Choir— Tuesdays, Beginning January 9 • 1:30-3:30 pm • Community Room

Lugnuts Band— Beginning in January • Scheduling Dependent on Participants' Availability • Aspen Grove Music Studio

Watercolor with Gail Sidletsky

This class is currently full and not accepting new participants.

Thursdays • 10:00-12:00 pm • \$25 fee Per Session Fee Payable to Instructor at First Class • Winter Session January 18 to February 22

Charcuterie Tasting & Pairing

Treat your palate and explore new tastes for the New Year! Rachel Iturralde, current Home Delivered Meals Coordinator, and former Whole Foods Market Specialty Food Consultant, will lead us on this delicious journey!

Wednesday • January 10 • 2-4:00 pm • \$15 Voluntary Contribution • Hub Café

Block Printed Tea Towels

Local artist Rachel Ruleaux will teach us how to make a beautiful set of hand printed tea towels! In this class we will create our own printing blocks using a variety of materials. By creating unique patterns from our blocks and found objects we will each craft a unique set of tea towels to take home or to gift. Must be available on both dates. Class one will focus on creating design elements. Class two will focus on printing towels. Maximum 10 participants. Sign up on-line at thehubsheridan.org or by calling Amanda Munford at (307) 675-4952.

Tuesday • January 23 & 30 • 1-3:00 pm • \$15 Voluntary Contribution • Art Studio

Textile Arts with Rachel Ruleaux

Rachel will lead us through a variety of textile arts and inspire us to create unique projects in this monthly class. Sign up on-line at www.thehubsheridan.org or by calling Amanda Munford at (307) 675-4952.

4th Tuesdays Beginning in February • 1-3:00 pm • \$15 Voluntary Contribution • Art Studio

The Yarn Shop

This is an awesome give and get opportunity for crocheters and knitters alike. A nice variety of yarn is available in cubies located in the Art Studio. Donate extra skeins or help yourself to what you need. Let's keep creating!

Monday-Friday • \$0.25 Voluntary Contribution per Skein • Art Studio

Aging Well Opportunities

GAMES

Billiards—Monday thru 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

Hand & Foot—Tuesdays • 1:00-4:00 pm • \$5 Voluntary Contribution • Café

Poker—Thursdays • 1:00pm-3:00pm • \$5 Voluntary Contribution • Café

Table Tennis—Mon • Wed • Fri • 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 & Hub Fun & Wellness Staff for the following programs. The Explore History program is generously funded by the Next50 Initiative.

- **Goose Creek Virtual Tour**
Tuesday, December 12 • 10:00 am • \$5 Voluntary Contribution • Hub Café
- **Black Diamond Virtual Tour**
Tuesday, January 9 • 10:00 am • \$5 Voluntary Contribution • Hub Café
- **Iron Riders UPDATED Virtual Tour**
Tuesday, February 13 • 10:00 am • \$5 Voluntary Contribution • Hub Café

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. Additional topics to follow!

1st Thursdays of the month • 11-11:30 am • Voluntary Contributions Welcome • Hub Cafe

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. No December presentation due to the holidays. Antique Roadshow will resume in January.

3rd Wednesday in Jan and Feb • 1:00 pm • \$5 Voluntary Contribution • Community Room

Doc Talk

Developed by Kris Schamber, MD, with Sheridan Memorial Hospital-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.

• Coping Through the Holidays with Dr. Victor Ashear, PhD

Tuesday, Dec 5 • 11-11:30 am • National Alliance on Mental Health Sponsored Presentation • Café

• Vision 2024 with Sam Hoffman, O.D., Sheridan Eyecare Center

Tuesday, Feb 20 • 11-11:30 am • \$5 Voluntary Contribution • Café

“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 signed and valid Durable Power of Attorney and you need assistance with or you can no longer manage your own affairs? What happens if you die without having a signed or valid Will? Or, what if you die with a Will? What about avoiding Probate and the use of Revocable Living Trusts? How can Beneficiary Designations, PODs, TODs, and assets owned Jointly With Right Of Survivorship benefit or 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 your Beneficiaries. We will discuss and answer your questions and more. Please join us.

Thursday • February 29 • 11 am-12:00 pm • Voluntary Contributions Welcome • Community Room

Your Life & Legacy

A practical seminar that will equip you to safely secure your final wishes and confidently exercise your legal rights with any funeral home.

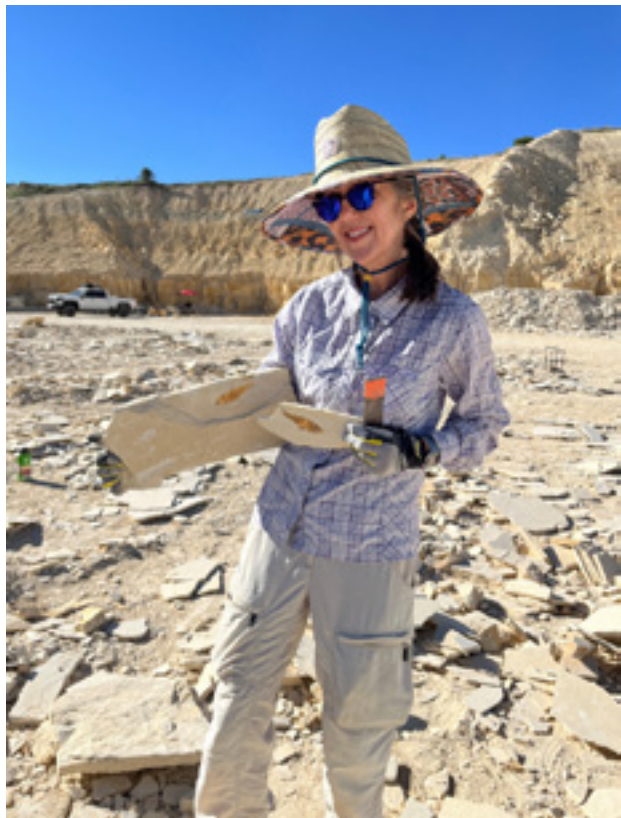
Tuesday, January 23 • 10-11:00 am • \$5 Voluntary Contribution • Community Room

Aging Well Opportunities

Rock & Gem Show & Tell

Come check this out! Members of the Sheridan Gem and Mineral Club will be here to share their finds plus Bill Bradshaw, Fisheries Biologist and amateur rockhound, will give a special presentation at 10:00 am. Items will be for sale with some of the profits being donated to the Hub.

Tuesday, February 6 • 10:00 am-11:30 am • Community Room



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. Please contact a Fun & Wellness Coordinator at **672-2240** with questions.

Ongoing Virtual Opportunity

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 **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

CELEBRATIONS

Watercolor Winter Art Show

Come view beautiful artwork created by our very own Hub watercolor artists! Some pieces will be for sale. Enjoy the show!

December 18 - 21 • Hub Lobby

Hub Christmas Party

Join us for a special holiday meal prepared by Executive Chef Kevin and kitchen staff, festive holiday music performed by Khale Century-Reno, Wyoming Wilderness Executive Director, and fun, Christmas Bingo with Barb Blue, Day Break Director.

Friday, December 22 • 11 am - 1:00 pm • \$5 Voluntary Contribution • Café

Early New Years Eve at Noon Celebration

Back by popular demand, Terry Garrison and the Boot Hill Band will be here! Get dressy if you'd like and let's celebrate!

Thursday, December 28 • 11am -1:00 pm • \$5 Voluntary Contribution • Café

National Hat Day

Grab your favorite hat (we know, sometimes it can be hard to decide) and celebrate National Hat Day this January 15! Hats have been worn as uniforms, fashion accessories, and protective gear. And did you know that they date all the way back to before 3,300 BCE? That's right! To honor this day, wear your favorite hat to lunch in the Café and be entered into a raffle to win a onetime Free Lunch Ticket to be used anytime & a Front of the Line Pass to be used on a Bingo Day.

Monday, January 15 • 12:15 pm • \$5 Voluntary Contribution • Café

Valentines Day Dinner & Dance

You're invited to a fabulous evening full of dancing to live music provided by Jane Perkins & Terry Garrison, a delicious Prime Rib Dinner with all the fixings prepared by Chef Kevin & kitchen staff, plus a fun photo booth to capture the memories! Sign up and purchase your

Aging Well Opportunities

ticket at the Front Desk. Maximum 100 party goers. \$25 a person payable at time of reservation. Sorry no refunds. Please note Amanda Munford, Fun & Wellness Coordinator, will also be offering a yummy vegan, gluten free entrée. Request this option at sign up.

Wed, February 14 • 6-8:00 pm • \$25 Per Person Fee • Hub Café



Afternoon Hors d'oeuvres & Yarn Spinning Presentation

Spring will be here before we know it! Register today for this beautiful afternoon of scrumptious treats and a lovely yarn spinning demonstration by local fiber artist Kathy Crump. Sign up at www.thehubsheridan.org or by contacting a Fun & Wellness Coordinator. Maximum 24 participants.

Thurs, March 14 • 1-3 pm • \$10 Voluntary Contribution • Café

SERVICES

Alterations by Marcine

Schedule your appointment today! Please call the Hub Front Desk at 672-2240. Max 3 items. No December Appointments.

January 3 and February 7 • 9-10:00 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 **672-2240** to schedule your appointment.

Wednesdays • 11:00 am - 1:30 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.

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.



Alice Warnke and Donna Bourne creating tasty, aromatic Toasted Chickpea Wraps in Culinary Arts class.

The Support Center And Family Caregiver Services

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. Please note respite care will be available during the adult group meeting times for those who have filled out the Day Break application, have proof of TB shot, or already are receiving services from Day Break.

For Information or To Sign-Up, Contact a Family Caregiver Coordinator by Phone or Email:

(307) 672-2240

Emily Keith at x122 / egorham-keith@thehubsheridan.org

Terah Versham at x121 / tversham@thehubsheridan.org

Caregiver Support Group Meetings - AM

Mondays • 9:30-10:30 am • Community Room

On Speaker Days - AM

Mondays • Group Meets 9:30-10am • Speaker from 10-11am • Group & Community Members Welcome • Community Room

Caregiver Support Group Meetings - PM

Mondays • 6:00-7:00 pm • Complimentary, Light Dinner Provided • Meet at Daybreak

Older Relative Caregiver (ORC) Meetings - PM

3rd Tuesday Monthly • 6-7:30 pm • Family Style Dinner and Complimentary Child Watch Care • Kid's Life



Open Enrollment for Medicare Supplements and the Marketplace Insurance

Open enrollment for supplemental insurance or Medigap is now until March 31st. To modify your plan, schedule an appointment at the Hub. Ensure your Medicaid information is up-to-date, as the State is currently reviewing all records. Assistance for Marketplace Insurance (Affordable Care Act) open enrollment and review is available until January 15th. For more info, call the Hub at **672-2240** or call **Nancy** at **307-461-9099**.

AARP Tax-Aide

In-person tax assistance is provided to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Local Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. **IMPORTANT** Please contact the Hub Front Desk at **672-2240** to schedule your appointment and pick up an IRS Intake Form to complete before your appointment.

Tuesdays & Thursdays February 6 through April 11 • Appointments Required • Fitness Room

LIEAP Application Assistance

LIEAP provides heating bill help through the winter months to income eligible Wyomingites. The Support Center is scheduling appts to assist with completing LIEAP's application.

Monday Mornings & Thursday Afternoons through the End of February

Companion Pets!

The Hub provides Joy for All Companion Pets—robotic cats or dogs with soft fur and responsive sensors for touch, motion, and sound. Benefits for owners include reduced isolation, increased sense of purpose, and enhanced communication for those with dementia. Contact Hub Family Caregiver Services at **672-2240** to inquire about the Pet Companion program today!



Heather Comstock, MSc Dementia Studies, Dementia Care Educator, is available for individualized coaching appointments to include:



- Skills for effective communication
- Strategies to meet current situational challenges
- Proactive future planning through shared decision making

For more information please visit dfwsheridan.org or contact Heather by phone at **307-461-5955** or by email at hcomstock@thehubsheridan.org

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.



Harmony for the Holidays: Hosting Age-Friendly Celebrations

Join our inclusive holiday workshop designed for individuals living with dementia, their care partners, and professionals. Discover practical skills to create a relaxed and enjoyable season. Gain insights into crafting age-friendly and dementia-conscious atmospheres, honing skills to reduce overstimulation and enhance meaningful gatherings. Walk away with tangible skills to ensure everyone, regardless of age or cognitive challenges, can share joy with ease and comfort during the holidays.

Wed, December 13 • 10-11 am • Community Room

Empower Yourself: Understanding Your Symptoms for Effective Healthcare Advocacy

Join our workshop for a practical exploration of potential signs of dementia. Learn how documenting everyday changes in sensory experiences and functional abilities can be a powerful tool in communicating with your healthcare team. In this session, you'll also get hands-on experience with a personalized action plan tool wisely designed by retired doctors living with dementia to help you prepare for your future healthcare visits.

Wed, January 10 • 10-11:00 am • Community Room

Connecting through Experience: A Practical Workshop for Dementia Understanding

Join us to explore practical tools and gain valuable knowledge from real-life experiences shared through books, blogs, and resources crafted by people who understand dementia from their own experiences. This session offers a supportive space for everyone—care partners, professionals, and those living with dementia—to deepen understanding and connect with a supportive community. Learn from shared journeys, fostering a collaborative path of learning and growth.

Wed, January 17 • 10-11:00 am • Community Room

Building Bridges: Aging Well through Community Support

Join our hands-on workshop for practical strategies, including fostering understanding and creating inclusive environments. Explore the power of everyday socializing as crucial support for aging challenges. Benefit from firsthand insights shared by those with aging experiences. Leave with hands-on skills to shape a more connected, supportive community.

Wed, February 7 • 10-11:00 am • Community Room



1973: The first service the Senior Center provided was transportation.



Photo: The Sheridan Press

1980: Esther Rooney reaches for milk as she passes through the nutrition line at the new Senior Citizens Center. Yesterday was the first day serving meals in the center, across from Sheridan Square. Not only were seniors anxious to eat, but they were anxious to see the new building.



Photo: The Sheridan Press

1973: Darlene Elliot, First President of Senior Citizens Council of Board of Directors

hub on smith donors THROUGH - OCT 31, 2023

- Anonymous
- Anonymous
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- Ky and Tom Dixon
- Mary Dowling
- Holland Duell
- Dick and Patty Dunn
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- Ellen Kawulok Endowment Living Legacy Fund
- First Federal Bank & Trust Employee Giving
- First Interstate BancSystem Employee Giving
- First Interstate Bank Employee Jeans Day
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- NAMI
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- U.S. Bank Private Wealth Management
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memorial gifts THROUGH - OCT 31, 2023

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Center Stage is published quarterly. A suggested contribution renews hardcopy mailings but you can renew at another time if you missed your renewal date. Center Stage can be emailed to you or you can view it online at

www.thehubsheridan.org
Contact one of our staff at our front desk for assistance.

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

This document was developed under a grant from the U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services or the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government.

The 2020 census reveals that 29% of Sheridan's population is 60 years of age and older, indicating the continued growth in the older adult population.

1976: The first Senior Nutrition Meal site in Sheridan, WY is opened at the Salvation Army Community Center.