

center stage

Summer 2024

JUN • JUL • AUG



# It's all about Community

## Finding Community, Peggy Anderson's Story

People are built for community. That's why we live in cities and towns. It's why we have community centers, churches, and social organizations. In every season of life, community is something that people tend to seek out. For kids, community can be family units, school friends, or sports teams. As we grow into young adults, community can be found in similar places. Plus we may add spouses, workplaces, and our own family units. As we age, our need for community and a sense of belonging continues, and for many, becomes increasingly significant. For Peggy Anderson, the path to building community in

this stage of life has been a transformative journey, one filled with challenges, growth, and the profound joy of finding connection in unexpected places.

Peggy moved several times in her life, but this story begins with her decision to move back to Sheridan in 2013, drawn by the connection she had with a dear friend who was like a sister to her. Unfortunately, Peggy's world was shattered in 2017 when she received devastating news: her beloved friend had passed away unexpectedly. They did everything together and would just "pop in" on each other as good friends do. However, one day when the doorbell rang and Peggy was expecting to go out to ice

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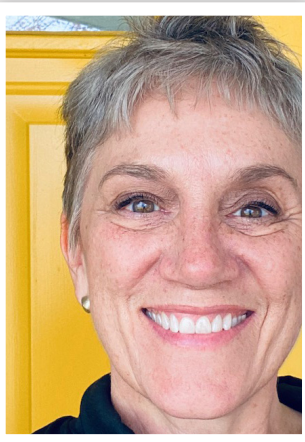
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**CARMEN RIDEOUT,**  
Executive Director

## A note from the Executive Director

### Community Partners Make the Difference!

In recent years, we've been humbled by inquiries across Wyoming and beyond seeking to understand the secret behind our success here at The Hub on Smith. What distinguishes our senior center from others? While our dedicated and talented staff play a vital role, the answer goes beyond our donors. It is the unwavering support and collaboration of our community partners that allow us to fulfill our mission of enabling

older adults to maintain independence in the comfort of their homes for as long as possible.

At the core of our success lies an extensive network of partners who share our vision and dedication to serving seniors. From fellow non-profit organizations working alongside us to address the diverse needs of our community, to our hospital and healthcare providers ensuring our seniors have access to quality care, each partner plays a pivotal role.

We extend our deepest gratitude to the City of Sheridan, Sheridan County, Dayton, and Ranchester officials for their unwavering support, providing crucial resources to meet the needs of our citizens. Local businesses also champion our cause through significant contributions of services, donations, and volunteers.

Our generous foundations and donors fiercely support this community vision and validate our efforts. This backing allows us to empower older adults to age with dignity and independence through a wide range of services.

**Of course, none of this would be possible without volunteers, dedicating their time and talents selflessly. Guided by our volunteer Board of Directors, we navigate toward our mission strategically, ensuring a healthy future.**

Lastly, we're deeply grateful to the individuals who utilize our services and share their stories, inspiring us with their resilience and strength and every day serve as a powerful reminder of the impact we can have when we come together as a community.

Together, we are reimagining what aging in Sheridan looks like and as we share what we know we pave the way for others to create a bright future for older adults everywhere.

With sincere appreciation,

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

## Community CONTINUED FROM COVER

cream with her friend like they always did, everything changed. Instead of opening the door to a smiling friend, it was the family letting her know that her best friend had passed away. In the wake of this loss, Peggy found herself grappling with a profound sense of loneliness and isolation. The once-familiar routines of daily life were no more, and Peggy realized “she could have just sat at home. And the isolation would have been horrible.”

The family of her friend she lost were the first to reach out and to invite her into their community. She became the surrogate “mom” and “grandma” they had lost and it did and continues to bring her joy. However, there was still a sense that something was missing: a community of her own.

It was during this period of loss that Peggy received an invite to something that became much more than she ever expected. Someone she knew reached out to her and invited her to join an exercise class at The Hub on Smith. She never liked exercise so the class itself was not the draw. Although initially hesitant to take the first step, Peggy accepted the invitation to BAMB! (Basic AM Moves), an exercise class offered at The Hub that focuses on movement to help participants maintain independence for daily living.

**What Peggy discovered at The Hub was far more than just a place to exercise; it was a vibrant and welcoming community where friendships flourish and mutual support abounds.**

The camaraderie she found in her exercise class extends beyond the activity room, with coffee gatherings afterward becoming a cherished tradition where laughter flows freely, and hearts connect on a deeper level. “The best part about the exercise class is going to coffee afterward,” Peggy says with a smile. It’s still not the exercise that keeps her coming.

The friendships are strong and have become her support. If someone doesn’t come one day, they all check in to make sure everything is okay. It was the sense of kinship and camaraderie that Peggy found at The Hub—a community of friends who cared deeply for one another—that breathed new meaning and purpose into her life. From the staff and volunteers to her fellow patrons, Peggy found herself surrounded by individuals who made her feel valued, supported, and truly seen.

Peggy has recently gone through some health challenges and has appreciated being able to walk



through the ups and downs with her community. She is typically upbeat and optimistic, but in the midst of her health issues she has felt comfortable to be honest and real. She walked into class one day at The Hub and told her friends, “Okay, this is the way it’s going to be. I’m not always happy and upbeat, and I’m just telling you today I’m not.” The community she has found allows her to be vulnerable and find the emotional support she needs to get through each day.

Peggy admits that she never thought she’d be so involved, but that one class led to so much more, and now she’s part of a community that feels like family. She found her own community.

When asked what she recommends for someone who is looking for community, Peggy confesses that the first step through the door at The Hub was terrifying, but advocates that you “Take the first step!” Why? Because her first step was met with a warm smile and a helping hand at the front desk that guided her towards a vibrant and welcoming community. Today, Peggy isn’t just attending classes—she is an integral part of a supportive network that enriches her life in countless ways.

Peggy’s journey is a testament to the transformative power of community. Through friendship, support, and shared experiences, seniors like Peggy find solace, purpose, and resilience in their golden years. As Peggy advises, sometimes all it takes is that first step towards building connections and finding belonging. And for Peggy, that first step has led to a journey of joy, fulfillment, and belonging that she cherishes each and every day. You don’t even have to like exercise.

**Check out the activities in this newsletter to take your first step into your new community!**

# Importance of Community

Community and belonging play a vital role in enhancing the well-being of seniors. By fostering social connections, participating in activities, and engaging with communities, seniors can experience numerous physical, mental, and emotional benefits. Did you know the rate of cognitive decline in seniors is 70 percent less in people with frequent engagement in their communities? Studies have also shown that physical abilities also are 43% less likely to diminish in seniors when you engage in community.

A strong community also provides a support system, a sense of purpose, and opportunities for personal growth. So, embrace the importance of community and belonging, and empower yourself to thrive in your golden years surrounded by a vibrant and supportive network of individuals who share your journey.

Check out the impact of community and ways to cultivate community here:

## THE IMPACT OF COMMUNITY & BELONGING ON SENIORS:

### 1. Social Engagement & Emotional Well-being:

Maintaining social connections and a sense of belonging is crucial for seniors' emotional well-being. Engaging with a community allows seniors to combat feelings of loneliness and isolation, enhancing their overall happiness and life satisfaction.

**2. Mental Stimulation & Cognitive Health:** Active participation in social activities and interactions within a community can provide mental stimulation and help preserve cognitive function. Engaging in conversations, games, and learning opportunities can keep seniors mentally sharp and contribute to a reduced risk of cognitive decline.

**3. Physical Health & Longevity:** Belonging to a community often involves engaging in physical activities, such as group exercises or outdoor events. Regular physical activity promotes better overall health, strengthens the immune system, and reduces the risk of chronic conditions, ultimately leading to increased longevity.

**4. Support System & Safety Net:** Being part of a community provides a support system and safety net for seniors. In times of need or emergencies, community members can offer assistance, comfort, and resources. This network can provide



peace of mind and a sense of security, knowing that help is readily available when needed.

**5. Purpose & Meaning:** A sense of belonging gives seniors a sense of purpose and meaning in their lives. Active involvement in a community allows them to contribute their knowledge, skills, and experiences, fostering a sense of value and fulfillment. This, in turn, boosts their self-esteem and overall mental well-being.

## HOW SENIORS CAN CULTIVATE COMMUNITY & BELONGING:

**1. Join Senior Centers or Organizations:** Your local senior center, The Hub on Smith, along with organizations like the YMCA and the Tongue River Valley Community Center, provide a diverse array of activities, classes, and social events tailored to seniors' interests. Joining these groups provides an opportunity to connect with like-minded individuals and build friendships. If you're not currently involved in the numerous activities offered by The Hub, consider scheduling an appointment with our Intake Specialist to get connected into our community.

**2. Get Involved in Volunteer Work:** Engaging in volunteer work not only benefits the community but also allows seniors to forge connections with others who share similar passions and interests. Whether it's volunteering at a local charity, hospital, or school, seniors can make a positive impact while building relationships. Volunteerism also leads to a stronger sense of purpose, and you are less likely to become depressed, have neuroticism, or get Alzheimer's. The Hub has hundreds of volunteers that keep

our services thriving and would love to have your help! [Contact our Volunteer Coordinator Marcie Morrow to start serving today! 672-2240 x134]

- 3. Attend Community Events:** Keep an eye out for community events, festivals, and gatherings in your area. Participating in these events exposes seniors to a diverse range of people and encourages social interaction. It's an excellent opportunity to meet new people, learn about different cultures, and build connections. Want to know what's happening in the community? Check out the new Community Calendar found on the Sheridan County Chamber of Commerce, The Sheridan Press, or Sheridan Media websites!
- 4. Look into Support Services:** It's never too early or too late to look into support services available to you. These services can help you maintain your independence while ensuring your well-being. The Hub's Help at Home program offers in-home health and homemaking services can help you with household chores, transportation, personal care, or healthcare needs.

- 5. Embrace Technology:** Technology can bridge geographical gaps and connect seniors with friends, family, and online communities. Utilize social media platforms, online forums, and video chat applications to stay connected with loved ones and engage in virtual communities centered around shared interests.
- 6. Take Classes or Join Hobby Groups:** Enroll in classes or join hobby groups that align with your interests. Whether it's painting, gardening, dancing, or learning a new language, these activities provide opportunities to meet individuals with similar passions and forge meaningful connections. Check out all the Fun & Wellness activities in this newsletter for all The Hub has to offer.
- 7. Attend Religious or Spiritual Gatherings:** Religious or spiritual communities often provide a strong sense of belonging and support for seniors. Engaging in religious or spiritual practices and attending services or gatherings can offer a sense of purpose, connection, and a supportive network.

# What is Operation Independence?



At The Hub on Smith, our mission is to celebrate, embrace, and serve older adults for the betterment of our community. We help seniors maintain their independence by offering essential services like food, transportation, assistance with daily tasks, and information about community resources. Operation Independence is our way of inviting you to be part of this crucial mission.

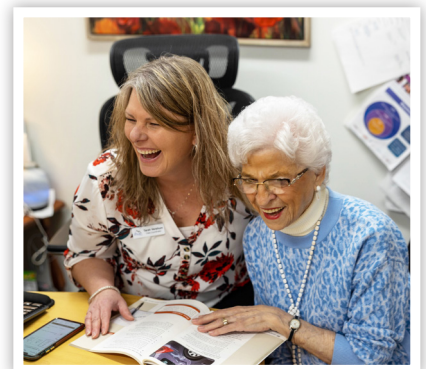
Imagine a world where every person can age gracefully and with dignity, surrounded by the support and resources they need to thrive. That's the world we are working tirelessly to create at The Hub.

**Will you join us in Operation Independence?** It will enable us to continue providing essential services and support that allow older adults to maintain their independence and live life to the fullest.

Together, we can make a difference. Together, we can ensure that every senior in our community has access to services and the opportunity to age with grace, dignity, and independence.

**Thank you for your support.**

Warm regards,  
Carmen



**Help us keep our seniors independent!**



**Scan to Give Now!**

Visit [www.thehubsheridan.org/independence](http://www.thehubsheridan.org/independence) to learn more

**THE HUB COOKBOOK**

**The Hub is preparing a limited edition, custom cookbook to celebrate our 50th Anniversary!**



Featuring favorite recipes from members, staff, and volunteers, this professionally published cookbook is certain to become a treasured keepsake.

We invite you to submit your favorite recipes and the fun stories that go with them. Your name will be printed with each of your recipes. In order to ensure as many people are able to participate, please limit submissions to ten (10) recipes and understand that submission does not guarantee inclusion.

Submissions will be accepted through July 31st, 2024 and are expected to be published by October, just in time for holiday gift-giving. When you submit, please reserve copies so you can be assured you will receive the amount you wish to purchase. Each cookbook is \$15.

For more information or to join the committee for this project, contact:  
 Marcie Morrow, Volunteer Coordinator  
 307-672-2240 x134 or mmorrow@thehubsheridan.org

Forms can be picked up at The Hub front desk or you can enter online at:  
<https://www.typensave.com/get-started/>

Username: **HubCookbook**  
 Password: **potato607**

**VOLUNTEER OPPORTUNITIES**

**Café/Dining Room:** Servers, Silverware Prep, Bingo Helpers

**Heritage Towers:** Lunch Servers, Clean-up

**Home Delivered Meals:** Morning Bag Prep, Return Delivery, Frozen Prep

**Trailblazers:** Activity Companions, Home Visitors

**Rodeo Parade Day:** Dining Room Helpers

**Fun & Wellness:** Yoga/Fitness Instructor(s)

If you are interested in becoming a volunteer, contact Marcie Morrow, Volunteer Coordinator mmorrow@thehubsheridan.org 307-672-2240 x134 For more information, please visit:  
<https://thehubsheridan.org/volunteer/>

**GOOSE CREEK TRANSIT**

Need a ride around the community? Goose Creek Transit offers Door-to-Door services, a Fixed Route, and rides for Medical Trips.

To schedule a ride, call: **(307) 675-RIDE**

- New as of April 1st, 2024, the fare to ride the fixed route bus is \$1.00 for each ride.
- A monthly pass good for unlimited rides is available for \$10 per month at The Hub front desk and from Fixed Route drivers [no refunds].
- Children 8 years old or younger ride for free. Children 9 years old or older need to pay the fare.



**FAMILY CAREGIVER SERVICES**

**There is an old adage that sounds something like this: "You can not pour from an empty cup." That bit of folk wisdom is very true. Ask any Caregiver.**

The Family and Older Relative Caregiver Support Groups provide a welcoming and safe place to speak about the things that only someone who is "walking the walk" can fully appreciate and understand. Support Group participants' cups are filled by the sense of community that occurs when members share their stories, emotions, frustrations and fears. The Support Group also fills the cup by providing resources and speakers that are of special interest to the group.

Shared experience is an important resource that helps the caregiver utilize a safe and thoughtful outlet for emotions. The FCG and ORC Support Groups are an important resource that fosters healthy coping skills. The knowledge that "I am not alone, I have resources, I have a community that cares about me" goes a very long way in staving off caregiver burnout.

**Family Caregiver Contacts**

For information about Family Caregiver Services or to sign up, Contact a Family Caregiver Coordinator:  
 Tarah Vershum 307-672-2240 x 121  
 tvershum@thehubsheridan.org

Emily Keith 307-672-2240 x122  
 egorham-keith@thehubsheridan.org

**SUPPORT GROUPS**

**Caregiver Support Group Meetings:**

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

Monday Speaker Days, 9:30-10am Speaker, 10-11am Group, Community Members Welcome, Community Room

**Older Relative Caregivers:**

3rd Tuesday Monthly, 6-7:30pm, Family Style Dinner and Complimentary Child Watch, KidsLife 426 W. Alger

# June 2023

SUN

MON

TUE

WED

THU

FRI

SAT

**SUBJECT TO CHANGE**

\*Indicates Item Contains Nuts

1

2

3

BEEF AND NOODLES  
STEAMED BEETS  
WHEAT ROLL  
OATMEAL RAISIN  
COOKIE

4

OPEN-FACED HOT  
TURKEY SANDWICH  
MASHED POTATOES  
TURKEY GRAVY  
CORN  
MANDARIN

5

BBQ PORK SANDWICH  
MACARONI SALAD  
VEGETABLE MEDLEY  
BERRY CRUMBLE

6

HAM & MAC CHEESE  
BAKE  
SCANDINAVIAN  
VEGETABLE BLEND  
CHOCOLATE CAKE

7

SPAGHETTI & MEAT  
SAUCE  
BROCCOLI  
GARLIC BREAD  
PUDDING

8

9

10

SLOPPY JOE  
POTATO CHIPS  
PEAS AND CARROTS  
TROPICAL FRUIT  
COCKTAIL

11

POT ROAST  
POTATOES &  
VEGETABLES  
BEEF GRAVY  
ROLL  
KRISPIE BARS

12

COUNTRY CHICKEN  
FRITTER  
MASHED POTATOES  
COUNTRY GRAVY  
GREEN BEANS  
PEACHES

13

TACO SALAD  
SPANISH RICE  
MEXI-CORN  
BUTTERSCOTCH  
PUDDING

14

CHEESY POTATO AND  
SMOKED SAUSAGE  
CASSEROLE  
CAULIFLOWER  
FRUIT CRISP

15



Flag Day

16

17

CHICKEN LO MEIN  
VEGETABLE MEDLEY  
MINI EGG ROLL  
PEARS

18

SEAFOOD SALAD  
SANDWICH  
BROCCOLI-CRAISIN  
SALAD  
BABY CARROTS  
PEANUT BUTTER  
COOKIE\*

19

BEEF STROGANOFF  
EGG NOODLES  
GREEN BEANS  
ROLL  
STRAWBERRY CAKE

20

OVEN BAKED CHICKEN  
POTATO SALAD  
PEAS & CARROTS  
ROCKY ROAD  
PUDDING\*

21

BAKED HAM  
CHEESY BROCCOLI  
RICE  
VEGETABLE MEDLEY  
AMBROSIA

22



23

24

BRATWURST W/  
GRILLED ONIONS  
CHIPS  
PEA SALAD  
MELON

25

PORK ROAST  
MASHED POTATOES  
PORK GRAVY  
GREEN BEANS  
CHOCOLATE CHIP  
COOKIES

26

CHICKEN FAJITAS  
REFRIED BEANS  
BROCCOLI  
TROPICAL FRUIT  
SALAD

27

MEATLOAF  
STEWED TOMATOES  
MASHED POTATOES  
BEEF GRAVY  
PEAS  
VANILLA PUDDING

28

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

29

30

# July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> TACO SALAD MEXICAN RICE CORN BUTTERSCOTCH PUDDING	<b>2</b> CHICKEN BROCCOLI ALFREDO SUNSHINE CARROTS GARLIC BREAD FRUIT CRISP	<b>3</b> SALISBURY STEAK MASHED POTATOES BEEF GRAVY GREEN BEANS AMADINE*	<b>4</b> GRILLED 1/4LB. HOT DOG POTATO CHIPS COLESLAW 4TH OF JULY CAKE <b>Independence            Day</b> 	<b>5</b> BBQ PORK RIBS DR. PEPPER BAKED BEANS VEG MEDLEY WATERMELON	<b>6</b>
<b>7</b>	<b>8</b> CHICKEN STRIPS MASHED POTATOES COUNTRY GRAVY CASCADE VEGETABLES PEACHES	<b>9</b> FISH 'N CHIPS TARTAR SAUCE GREEN BEANS YELLOW CAKE	<b>10</b> CHICKEN MARSALA SPAGHETTI FRENCH BREAD VEG MEDLEY KRISPIE BAR	<b>11</b> RODEO BURGER SIDEWINDER FRIES BROCCOLI CRAISIN SALAD COWBOY COOKIE 	<b>12</b> BEEF ENCHILADA BAKE REFRIED BEANS CORN & PEPPERS BUTTERSCOTCH PUDDING	<b>13</b>
<b>14</b>	<b>15</b> PORK ROAST MASHED POTATOES & GRAVY CASCADE VEGETABLES SLICED APPLES	<b>16</b> CHEESY KIELBASA PASTA BROCCOLI ROLL TROPICAL FRUIT JELLO	<b>17</b> SLOPPY JOES ROASTED RED POTATOES PEAS OATMEAL RAISIN COOKIE	<b>18</b> BAKED CHICKEN THIGHS MASHED SWEET POTATOES GREEN BEANS STRAWBERRY CAKE	<b>19</b> CHEESEBURGER POTATO WEDGES VEG MEDLEY CHOCOLATE CHIP COOKIE	<b>20</b>
<b>21</b>	<b>22</b> TUNA SALAD SANDWICH POTATO CHIPS PEA SALAD VANILLA PUDDING	<b>23</b> CHEF SALAD FRENCH BREAD PICKLED BEETS CANTALOUPE	<b>24</b> OPEN-FACED HOT ROAST BEEF SANDWICH MASHED POTATOES BEEF GRAVY BROCCOLI COOKIE	<b>25</b> CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY VEG MEDLEY WATERMELON	<b>26</b> MEATLOAF STEWED TOMATOES BAKED POTATOES VEG MEDLEY PEANUT BUTTER COOKIE*	<b>27</b>
<b>28</b>	<b>29</b> BEEF STROGANOFF EGG NOODLES VEG MEDLEY ROLL FRUIT	<b>30</b> CHICKEN FAJITAS SPANISH RICE MEXICORN BANANA NUT MUFFIN*	<b>31</b> BBQ PORK ON A BUN RED POTATOES ROASTED ZUCCHINI FROSTED WHITE CAKE	<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts		



# August 2023

SUN

MON

TUE

WED

THU

FRI

SAT

**SUBJECT TO CHANGE**

**\*Indicates Item Contains Nuts**

SUN	MON	TUE	WED	THU	FRI	SAT
				1 ROAST TURKEY MASHED POTATOES TURKEY GRAVY PEAS AND CARROTS CHOCOLATE CHIP COOKIE	2 ITALIAN SAUSAGE W/ PEPPERS PESTO QUINOA GARDEN SALAD TROPICAL FRUIT SALAD	3
4	5 SAUSAGE GRAVY AND BISCUITS SCRAMBLED EGGS ROASTED ZUCCHINI BLUEBERRY MUFFINS	6 CHICKEN TERIYAKI STEAMED RICE MINI EGG ROLL ASIAN BLEND VEG MANDARIN ORANGES	7 POT ROAST POTATOES & VEGETABLES GARDEN SALAD ROLL FRUIT CRISP	8 ¼ POUND CHILI DOG CHIPS COLESLAW RICE KRISPIE TREAT	9 TURKEY TETRAZZINI WHEAT ROLL VEG MEDLEY CHOCOLATE ZUCCHINI CAKE	10
11	12 CHICKEN ALFREDO ROLL BROCCOLI GARDEN SALAD PUDDING	13 SHRIMP AND SAUSAGE JAMBALAYA VEG MEDLEY BANANA BARS	14 CHICKEN TACO SALAD MILD BLACK BEAN AND CORN SALSA MEXICAN RICE MIXED FRUIT	15 CHEESEBURGER POTATO WEDGES CUCUMBER SALAD VEG MEDLEY CHOCOLATE CHIP COOKIE	16 MEATLOAF STEWED TOMATOES ROASTED RED POTATOES GREEN BEANS FRUIT JELLO	17
18	19 BEEF TACO BAKE SALSA & SOUR CREAM REFRIED BEANS CORN & PEPPERS AMBROSIA	20 CHICKEN LO MEIN MINI EGG ROLL ASIAN BLEND VEG BROWNIES	21 BBQ PORK ON A BUN BAKED BEANS CARROTS SUGAR COOKIE	22 TURKEY POT PIE BISCUIT BROCCOLI GARDEN SALAD CHOCOLATE PUDDING	23 LASAGNA CEASAR SALAD GREEN BEANS FRENCH BREAD TROPICAL FRUIT SALAD	24
25	26 FISH & CHIPS COLESLAW PEAS & CARROTS BLUEBERRY MUFFIN	27 SLOPPY JOES ROASTED POTATO WEDGES GREEN BEANS FRUIT CRISP	28 SALISBURY STEAK MASHED POTATOES W/ GRAVY VEG MEDLEY BROWNIE	29 POT ROAST W/ POTATOES AND VEG GARDEN SALAD ROLL FRUIT COCKTAIL	30 WHITE CHICKEN CHILI OYSTER CRACKERS ROASTED YELLOW SQUASH M&M COOKIE	31

# Aging Well Opportunities

Growth and change are happening both outside and within the Fun & Wellness Department. The Hub wishes Lisa Wells all the best as she takes her next steps into retirement. Although Lisa may not be here daily, she will continue to guide us on outdoor recreation adventures. Explore these opportunities and more in the following pages.

Amanda Munford, Fun & Wellness Coordinator  
amunford@thehubsheridan.org or (307) 675-4952  
Website [www.thehubsheridan.org](http://www.thehubsheridan.org) & Activities Calendar  
Social Media follow 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.

Monday • Wednesday • 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).

Monday • Wednesday • 10:00-10:55 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

### Walk With AARP

Meet at the YMCA. No need to be a member of AARP or the Sheridan County YMCA. Walking indoors or outdoors depending on the group and weather. Call Amy with AARP at (307) 752-7538 for more information.

Tuesdays & Thursdays • 8:00-8:45 am  
YMCA Upstairs Walking Track

### 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](mailto:donna@thefiberhouse.com) or (307) 763-1974.

Thursdays 5:30 pm & Sundays 5:00 pm  
voluntary contributions welcome • Zoom

### 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

## OUTDOOR RECREATION

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

### Day Hikes

**June 20** • Tongue River Canyon • Rated strenuous due to elevation gain and uneven trail

**July 18** • Black Mountain Lookout • Rated moderate due to elevation gain and uneven trail

**August 8** • HF Bar Property with Wyoming Wilderness Association • Experienced hikers only due to steep elevation gain and five river crossings • Maximum 12 participants • Contact Lisa Wells at [wildwyonatureguide@gmail.com](mailto:wildwyonatureguide@gmail.com) for more information or to sign up.

\$5 voluntary contribution per outing

### Bighorn Wildflower Tour

We'll wander the lower Red Grade Trail, Prairie Loop & Tip of the Woods, from the Base Trailhead observing wildflowers & discussing opportunistic topics with Bob Giurgevich. Rated easy to moderate as trail conditions could be mixed. Hiking boots & walking stick(s) could be useful. Maximum 10 participants. Contact Lisa Wells at [wildwyonatureguide@gmail.com](mailto:wildwyonatureguide@gmail.com) for more information or to sign up.

Tuesday • June 11 • \$5 voluntary contribution  
Meet 8:30 am in the Hub Lobby to carpool

### Backpacking Overnight Trip

Lake Solitude, Cloud Peak Wilderness. 3 days (2

# Aging Well Opportunities

overnights). Strenuous, high-country elevation. Steve Stresky Geo Talks! Previous backpacking experience encouraged. Maximum 10 participants. Contact Lisa Wells at [wildwyonatureguide@gmail.com](mailto:wildwyonatureguide@gmail.com) for more information or to sign up.

Tuesday - Thursday • July 23-25 • \$5 voluntary contribution • Meet 9:30 am in the Hub Lobby

## **Volunteer Day on Red Grade with Sheridan Community Land Trust**

Help SCLT monitor the trail ecosystem health by learning about invasive plants that are found in the area and how to identify them. Our Hub group will work at our own pace and hike along the trail to identify and log locations of invasives and remove them if possible. Bring a sack lunch and water to enjoy on the trail. We'll meet Jared Koenig, Sheridan Community Land Trust Recreation Program Manager, up top for supplies and instructions.

Thursday • August 29 • \$5 voluntary contribution  
Meet 8:30 am in the Hub Lobby to carpool

## **Wyoming Outdoor Recreation Opportunities**

Your adventure awaits! Made up of nearly 98,000 square miles, WY is the 10th largest state with over half of its vast and expansive landscape dedicated to public use. Find something unexpected at [www.wyorec.com](http://www.wyorec.com) and explore the interactive outdoor recreation WONDER Map and WY Pathways to Adventure podcast!

## **CREATIVE CORNER**

### **Music Makers Piano Lessons**

Have you always wanted to play the piano? Open to beginners and returning players who have a curiosity to play. Join Janet Ruleaux for an exciting interactive way to learn piano 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

### **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 • 9:30-11:30 am • \$5 suggested contribution  
• Art Studio

### **NEW! Drum Circle with Barb Blue**

Join this dynamic group of percussionists! No experience needed. Bring your own instrument or borrow one of ours. No sign up required.

*Sponsored by NAMI Sheridan.*

Tuesdays • 10:00-11:00 am  
voluntary contributions welcome • Fitness Room

### **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

### **Uke 'an Strum**

All levels welcome. Music and basic instruction given. Ukuleles are 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 with questions or to join.

Fridays • Beginners 9:30 am • Jam Session 10:00-11:15 am • \$5 voluntary contribution • Café

### **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

### **Culinary Arts Club**

Create delicious, healthy meals and learn new techniques with Amanda Munford and guests. Max 10 participants. Sign up required by the Thursday before each class either online at [www.thehubsheridan.org](http://www.thehubsheridan.org) or call Amanda at (307) 675-4952.

3rd Tuesdays • 2:00-3:00 pm  
\$8 voluntary contribution • Art Studio

### **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

### **Textile Arts with Rachel Ruleaux**

Rachel will lead us through a variety of textile arts and inspire us to create unique projects in this class. Maximum 11 participants. Sign up on-line at [www.thehubsheridan.org](http://www.thehubsheridan.org) or by calling Amanda Munford at (307) 675-4952. July will be two sessions (7/23 & 7/30)

4th Tuesdays • 1:00 - 4:00 pm  
\$15 voluntary contribution • Art Studio

# Aging Well Opportunities

## Greeting Card Workshops

Class is on summer break but will return in the fall. Instructor Heidi Roesler wishes you a fabulous summer!

## The Yarn Shop

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

Monday-Friday • \$ .25 voluntary contribution per skein • Art Studio

## GAMES

**Billiards**-Mondays through Fridays • 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**-Fridays • 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**-Monday & Wednesday & Friday • 1:00-2:00 pm • \$5 voluntary contribution • Fitness Room

## LEARNING OPPORTUNITIES

### Sheridan Community Land Trust (SCLT) Explore History Series

Join Sheridan Community Land Trust staff & special guest presenters for the following interesting and informative presentations. Community members are encouraged to share their personal memories or historical information about presentation topics. The Explore History program is generously funded by the Next50 Initiative.

#### Nancy Trabing Mickelson on the Trabing Brothers Freight Empire

Tuesday, June 11 • 10:00 am • \$5 voluntary contribution • Hub Café

#### Tour of the Historic Ucross Foundation Property (bring water & snack)

Tuesday, July 9 • 10:00 am • \$5 voluntary contribution • Hub Lobby to Carpool

#### Tour the VA Property (aka Fort Mackenzie, bring water & snack)

Tuesday, August 13 • 10:00 am • \$5 voluntary contribution • Hub Lobby to Carpool

## Scams 101 with the Sheridan Police Department

During each session, the Sheridan Police Department will teach you tips 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 • 11:00 am-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.

3rd Wednesdays • 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. No signup required.

### Dr. Lindsay Capron, OB/GYN Specialist, SWH Women's Clinic

Thursday, June 13 • 10:30-11:30 am • \$5 voluntary contribution • Community Room

### "To Will, Or Not To Will, Or To Trust - I Heard I Don't Need Any Of That If I Just Add My Beneficiaries To My Home And To My Bank Accounts" - Presentation and discussion with Christopher Sherwood, Attorney, Yankee & Toner, LLP

Interested in learning more about what it means when you add your children or other beneficiaries to the deed to your home? What about when you do that with your financial accounts? What happens if you die without a signed Will? Or, what if you die with a properly signed Will in place? Or, how about avoiding Probate with a Revocable Living Trust or other Probate avoidance tools? Local estate planning attorney, Christopher Sherwood, of Yankee & 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 easily and simply do to 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 • August 15th • 11:00 am-12:00 pm • voluntary contributions welcome • Community Room

# Aging Well Opportunities

## CELEBRATIONS

### Rodeo Week



#### **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.”

Wednesday, July 10 • High Noon • Café Stage

#### **Special Rodeo Lunch**

Chef Kevin and the awesome Kitchen Crew will be serving a Rodeo Burger, Sidewinder Fries, Broccoli Craisin Salad, and Cowboy Cookie. Registered Patrons \$6 suggested contribution and all others \$10 fee.

Thursday, July 11 • 11:30 am-1:00 pm • Café

#### **Sheridan WYO 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 12 • 10:00 am • Café

## SERVICES

### **Open Enrollment for Medicare Supplements and the Marketplace Insurance**

Nancy will be available to help with Medicare, Medicaid and Marketplace applications every other Thursday, by appointment. Nancy provides free Navigation for all insurance questions. Marketplace Insurance can help those that are no longer eligible for Medicaid, but it is also available for those that need insurance that they might not be able to afford. Contact the Hub on Smith at 307-672-2240 for an appointment.

### **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-1:30 pm  
voluntary contributions welcome • Lobby

### **Alterations by Marcine**

Schedule your appointment today! Please call the Hub Front Desk at (307) 672-2240. Max 3 items. No December appointments.

June 12, July 3, Aug 7 • 9:00-10:00 am  
voluntary contributions welcome • Art Studio

### **Public Health Vaccine Clinic**

Save the date! More information to follow in the Fall Center Stage newsletter.

Wednesday, October 9 • 9:00 am to 12:00 pm  
Art Studio

### **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.

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## HAPPY FEET LADIES

## INTERESTED IN SPONSORING THE CENTER STAGE NEWSLETTER?

Please contact Ryan Koltiska,  
Director of Development at  
[rkoltiska@thehubsheridan.org](mailto:rkoltiska@thehubsheridan.org)

# DEMENTIA FRIENDLY WORKSHOPS



Dementia Friendly Wyoming hosts interactive workshops on select Wednesdays in the Community Room. Open to all, these sessions provide valuable insights for those impacted by dementia, care partners, and professionals. Led by Heather Comstock, MSc in Dementia Studies, and incorporating perspectives from the dementia community, the workshops offer a comprehensive learning experience focused on understanding challenges, practical care strategies, and connecting with a supportive network.

To learn more, call 307-461-5955 or email [hcomstock@thehubsheridan.org](mailto:hcomstock@thehubsheridan.org).

## PLEASE NOTE: Community Dementia Strategy Sessions

**Wednesday, June 12th, 2024 • 10:00 am-11:30 am Community Room**

**Wednesday, August 14th, 2024 • 10:00 am-11:30 am Community Room**

Join our dementia strategy sessions, a platform for those living with dementia, care partners, and professionals to share valuable insights and real-world experiences. These meetings foster open discussions about what our community needs to provide exceptional support for individuals impacted by dementia. We are committed to actively listening and understanding your perspectives in a welcoming environment, capturing and exploring your thoughts and recommendations through guided discussions. By participating, you can directly contribute to enhancing dementia care and support within our

community. Your voice matters, and together, we can make a significant positive impact on the lives of those navigating the challenges of dementia. We look forward to your presence and invaluable contributions as we unite to build a compassionate and empowering community for everyone affected by dementia.

## Seeking Help, Managing Emotions, and Practicing Self-Compassion

**Wednesday, June 5th, 2024 • 10:00 am-11:30 am Community Room**

Care partners, join us for a judgment-free workshop where you'll learn strategies for accessing community support as challenges emerge, managing difficult emotions, and implementing self-compassion. Through interactive activities, you'll develop tools to prioritize your well-being while navigating the caregiving journey. Connect with fellow care partners and take steps to prioritize your self-care.

## Cultivating Positivity, Patience, and Acceptance

**Wednesday, August 7th, 2024 • 10:00 am-11:30 am Community Room**

Care partners, are you struggling to maintain positivity, practice patience, or accept your loved one's changing needs? This workshop will help you cultivate resilience amidst caregiving challenges. Learn strategies for maintaining positivity, developing patience, and improving communication with persons living with dementia. Join us in a supportive environment to share experiences and gain tools to manage frustration and find meaning in everyday moments.

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 Melissa A. Casey.....In Honor of Willie Frisbie  
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 Elizabeth Denison.....In Honor of Ky Dixon  
 Norman Feck.....In Honor of Ky Dixon  
 Francis D. Galey.....In Honor of Miff Koltiska  
 Larry Haselwood.....In Honor of Joe Meyers  
 Cass Heimbaugh.....In Honor of Miff Koltiska  
 Bette Hess & Family.....In Honor of Miff Koltiska  
 Helen Jackson.....In Honor of Miff Koltiska  
 Phillip Johnson.....In Honor of Miff Koltiska

Douglas & Susan Koltiska.....In Honor of Miff Koltiska  
 Wade Larsen.....In Honor of Miff Koltiska  
 Julie Ann Norris.....In Honor of Miff Koltiska  
 Jack Pelissier.....In Honor of Miff Koltiska  
 Deanna Perry.....In Honor of Miff Koltiska  
 Thomas Pilch.....In Honor of Miff Koltiska  
 Paul Rieger.....In Honor of Miff Koltiska  
 Kay Smith.....In Honor of Miff Koltiska  
 Edith L. Whiton.....In Honor of Miff Koltiska  
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 Patricia Wolfe.....In Honor of Ky Dixon  
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It is an honor to receive your gift! If by chance we have unintentionally missed you on the acknowledgement list please forgive us, and always feel free to give us a call with questions or concerns at (307) 672-2240.



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## CONTACT US TODAY

Main Phone: (307) 672-2240

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

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

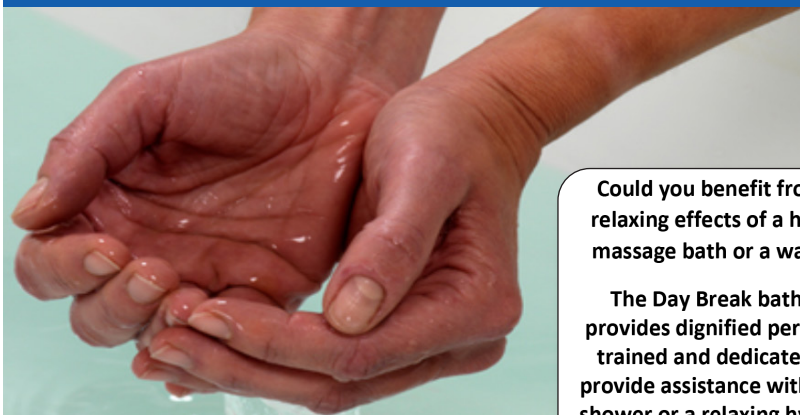
Goose Creek Transit:  
(307) 675-RIDE (7433)

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.

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