



Embracing Winter Wellness

Winter brings its challenges, but Steve Stresky's approach to wellness is simple: Keep moving and get outside!

Steve has been a familiar and inspiring presence in our Fun & Wellness programs since 2016. After a feature in the Sheridan Press about his hike on the Appalachian Trail, Steve was invited to lead outdoor activities for the Hub like hiking, snowshoeing, and cross-country skiing and he's been a regular here ever since. His dedication to wellness and his love for leading and teaching outdoor activities motivates others to stay active year-round, embracing the beauty of Sheridan County in every season.

A lifelong enthusiast of individual sports, Steve finds personal motivation through participating in events like the Bighorn Trail Run and the Dead Swede bike race. He's always setting new personal goals.

While managing adult-onset asthma and side-effects of long-term COVID, Steve adapts his goals, scaling back distance or intensity as needed. He keeps his gear ready—his mountain bike on his car rack and skis prepared for winter—making outdoor activity an accessible and regular part of his routine.

Winter activities like snowshoeing and cross-country skiing provide great aerobic exercise and time in nature. Steve encourages patrons to explore the groomed trails and warming huts in the Bighorns, especially at Lake Sibley and Cutler trails, which are ideal for beginners.

The Hub, and Steve, make it easy for newcomers to join winter outings by providing beginners help with equipment and guided trips. And whatever skill level you are, the Fun & Wellness programs offer patrons a chance to stay active while enjoying Sheridan's winter beauty.

CONTINUED ON PG 3

Inside

2 A NOTE FOR YOU

3 "EMBRACING WINTER WELLNESS"

4 HEALTHY U PROGRAM

5 YOUR WINTER WELLNESS ADVICE

6 - 8 MENUS

9 - 13 AGING WELL OPPORTUNITIES

14 DEMENTIA FRIENDLY WORKSHOPS

15 DONORS, MEMORIALS AND TRIBUTE GIFTS

16 BINGOCIZE

Senior Citizens Council BOARD OF DIRECTORS

PRESIDENT

Rob Miller

VICE PRESIDENT

Lori McMullen

TREASURER

Bryn Stewart

SECRETARY

Kati Sherwood

BOARD MEMBERS

Jeannie Julian

Mike McCafferty

Marcy Schmaus

Anthony Spiegelberg

John Standish



Honored & Thankful

As I write this, I feel a mix of gratitude and excitement. After 24 years as Executive Director of The Hub on Smith, I'll be stepping down in May 2025. This decision is bittersweet, but it feels like the right time to move into the next chapter of my life and pass the torch to new leadership.

CARMEN RIDEOUT EXECUTIVE DIRECTOR

When I first joined The Hub, I could never have imagined the incredible journey ahead. We've grown immensely, expanding services and deepening our commitment to the older adults in our community. By lifting up and valuing older people, meeting each one wherever they are in life, and offering services that make a meaningful difference, we make Sheridan a stronger, more compassionate community. I am proud to have been a part of that.

I also acknowledge the hard work and challenges we've faced. Each obstacle brought us new insight, resilience, and growth. I am deeply grateful for those who came before me at the senior center—their dedication and vision laid the foundation for what we are today. And to all who have joined along the way, your unwavering support, shared commitment, and perseverance in the face of challenges have been invaluable.

As I prepare to move on, I am filled with confidence in the exceptional team we have at The Hub on Smith. Our staff is deeply committed, talented, and compassionate. They live out our mission every day, and I know they will continue to provide excellent services that make a real difference in the lives of our seniors. I have no doubt they will lead the organization forward with strength and grace.

I also want to express my heartfelt appreciation to the Board of Directors who have served over the years. Their guidance and support have been invaluable throughout my time here, and I have full confidence in them as they begin the process of recruiting and selecting The Hub's next leader over the coming months. I know they will select someone who shares our vision and values, ensuring that The Hub continues to thrive and grow.

As I step away, I ask for your continued support as a member of our incredible community to keep The Hub's mission alive and thriving. The work we do together is only possible through the generosity and commitment of people like you who believe in our vision. Your support will ensure that The Hub remains a place of care, connection, and community for generations to come.

Thank you for your trust, friendship, and belief in our mission. I will always cherish my time here.

With deep gratitude,

CARMEN RIDEOUT



Hub group on Cutler Trail

For those who prefer less strenuous activities, Steve suggests finding simple ways to add movement to daily routines. Whether it's running from the garden to the garage or other quick bursts of activity, these small efforts help maintain wellness, even when outdoor outings aren't possible.

For Hub patrons new to winter sports, Steve's outings are a great way to get started. He tailors activities to different fitness levels, allowing everyone to participate at their own pace. By dressing warmly, choosing the right footwear, and embracing the season, you can enjoy winter as a time of vitality and engagement, not isolation.

You will always find at the Hub that it's never just about what we do, it's that we get to do the things we do with great people who care about your well-being. In this case, we think you'll find both the fun and the fellowship to strengthen your wellness this winter!

CHECK OUT THIS WINTER'S OUTINGS ON PAGE 10!

CAREGIVER SUPPORT

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, 9:30-11:00 am, Community Room,
Community Members Welcome

Older Relative Caregivers

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

SILVER FOX SPONSOR

Your Trusted Health Insurance Broker



Golden Meadowlark
INSURANCE

Specializing in Medicare Supplements, Medicare Advantage,
Dental & Vision, ACA Plans, and Group Plans.
Let's Explore Your Options Together!

JOBE HORSLEY | 307-461-5555 | 2 N. MAIN ST. STE 409



Mental Wellness

JULI WALLIN-FISGUS, MSW LCSW

Call 307-675-8160 to
schedule an appointment.

The Hub on Smith has recently started collaborating with Juli Fisgus, MSW LCSW. Juli is a Licensed Clinical Social Worker who provides mental health counseling services through her private practice. Juli has a heart for helping people in all walks of life thrive with their mental health. **Juli has been holding office hours at The Hub on Thursday's from 8:00AM – 10:00AM to provide an easy point of access for patrons interested in counseling services.**

HOW CAN THE SUPPORT CENTER HELP YOU?

The Support Center at The Hub serves as the central point of connection to services for our patrons. Here's how the team can get you what you need...

Front Desk Team welcomes both new and returning patrons, providing a warm, helpful introduction to The Hub's offerings.

Intake Specialists register and guide you through the services offered at The Hub, ensuring you have the information and resources you need.

Care Coordinators assist you in accessing services through programs like the Wyoming Home Services Program, the Community Choices Medicaid Waiver Program, and the National Family Caregiver Support Program.

The Loan Closet offers a variety of assistive devices—such as walkers, canes, and wheelchairs—that can be checked out for a suggested donation, helping you maintain your independence and mobility.



Launching February 2025, this six-week workshop is designed for individuals with chronic health conditions, as well as their friends, family, and caregivers. You will learn valuable skills to better manage your conditions and live a happier, healthier life!

Wednesdays, February 19 - April 9 •
2:00 pm - 4:00 pm • Art Studio

FOOD PREP & STORAGE TIPS



GEORGIA BOLEY, MS, RD
Owner of Tailored Nutrition LLC

Wednesday,
January 22 • 11:45 am
The Hub on Smith

Join Georgia Boley, the Hub's dietitian, on January 22nd, to explore how to preserve essential nutrients like vitamins and minerals during cooking and prepping, while minimizing exposure to harmful chemicals found in plastics and other materials.

Here are some of Georgia's
BEST FOOD PREPARATION PRACTICES:

CUTTING BOARDS - Best choices: Bamboo and wood. Always wash your wood or bamboo cutting boards with hot, soapy water and allow to air dry.

COOKWARE- Best choices: Food-grade stainless steel, cast iron, copper, porcelain-enameled cast iron, oven-safe glass, stainless-steel lined copper, and high-quality, nontoxic ceramic-lined cookware. Additionally, look for cookware labeled as PTFE- and PFOA-free.

DISHES- Best choices: Ceramic, porcelain, glass, wood, bamboo, type 304 stainless steel, and 100% food-grade silicone (this does not have plastic fillers).

FOOD STORAGE/PACKAGING- Best choices- Use glass or stainless-steel containers instead of plastic to store leftovers.

Do you have nutrition questions or concerns?
Email Georgia at tailorednutritionllc@gmail.com

Wyoming 211 can connect you with:

- Medicaid, Medicare and Social Security eligibility assistance
 - In-home personal care and nursing
 - Caregiver support and respite
 - Housing options
 - And much more...
- Call 211 for information, referrals & assistance**

www.wyoming211.org



We asked you...



“WHAT DO YOU DO FOR WINTER WELLNESS?”

“I go to exercise class when I can get out. If I have to stay in, I may put a puzzle together or do crafts.”

Evelyn Williams

“Always eat breakfast and do good for someone else!”

Kathy

“We workout at Anytime Fitness, attend church, eat a balanced diet and socialize with family and friends.”

Margaret Litle

“Play pickleball, Steam - Infrared therapy, water aerobics 3x a week, take a trip to warmth.”

Anonymous

“Special Olympics, cross country skiing, come to The Hub and go to Day Break.”

Chloe Lauman

“Bingo at the Senior Center, stay safe and secure in the Cascade Living Facility. It’s nice and warm in my apartment.”

Joyce Erpelding

“I’m going to try to color in my coloring books.”

“Grandchildren, Swimnastics, Chair Yoga, whirlpool, and hot tub with jets.”

Lisa

“I enjoy spending time with my kids and grandkids, quilting and snuggling under a favorite quilt.”

Julie Cramer

“Cuddle up, ice fishing, walks, clean the house, go to The Hub.”

Phil Tsiatsios

“I make sure my furnace is serviced and is in good working order.”

Mona Brown

“Do hobbies indoors. Read and watch movies.”

Steve Roe

“Practice guitar, run model trains, run snow blower, feed pheasants.”

Jim Perry

“Wear warm clothing! Boots for snow or rain. I love to read. Take my vitamins, especially vitamin D.”

Fran Locke

“Wear heavier clothing and shoes, turn up the heat, model railroading, reading, research.”

Harold Huber

“I do puzzles, books, light up fireplace, use The Hub, feed ducks, pheasants, birds that like the snow and watch deer.”

Dianna Perry

“Cuddle up, ice fishing, walks, go to The Hub.”

Valerie Haldeman

“I take my medications, I do my daily routine and I knit.”

Debra Jo Hamilton

“Go and work on a puzzle with a 91-year-old and visit with her. Go to the Senior Center every Friday for Bingo and lunch.”

Linda

“A blanket, TV, puzzle, baking, crochet.”

Anonymous

“Read, puzzles, talk on the phone to friends and family.”

Eunice Drell

“I watch game shows and westerns. I also play a lot of Sudoku. Then there’s always laundry and dishes. I play with my cat.”

Edwina Hoffer

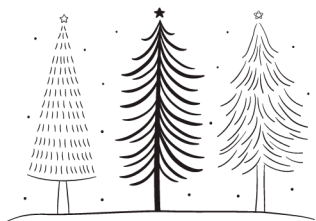
“Snowshoe, walk the dogs, work through stuff in my craft room, and binge-watch TV under a warm blanket.”

C. Dillon

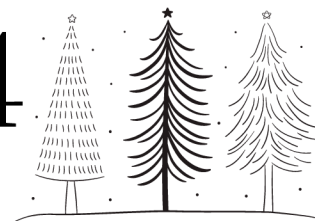


HOW ARE YOU
GOING
TO STAY WELL
THIS WINTER?

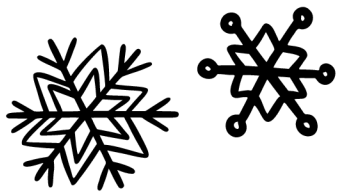




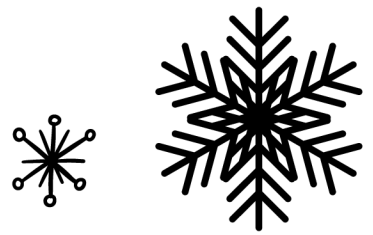
December 2024



| SUN | MON | TUE | WED | THUR | FRI | SAT |
|-----|--|--|---|--|--|-----|
| 1 | 2 White Chicken Chili Corn Muffin Green Beans Tropical Fruit Cocktail | 3 Sloppy Joe Potato Wedges Peas and Carrots Chocolate Chip Cookie | 4 Lasagna Florentine Steamed Broccoli Garlic Bread White Cake | 5 Beef Tacos Spanish Rice & Beans Corn Butterscotch Pudding | 6 BBQ Pork Sandwich Potato Chips Carrots Garden Salad Baked Apples | 7 |
| 8 | 9 Cheeseburger w/ Lettuce and Tomato SunChips Green Beans Vanilla Pudding | 10 Chicken Strips Mashed Potatoes Chicken Gravy Corn Biscuit Peaches & Cream | 11 Pot Roast Potato & Veg Roll Garden Salad Spice Cake | 12 Baked Chicken Thighs Creamy Risotto Vegetable Medley Raspberry Oat Bars | 13 Meatloaf Stewed Tomatoes Garlic Mashed Potatoes Peas and Carrots Oatmeal Cookie | 14 |
| 15 | 16 Chili Cinnamon Roll Vegetable Medley Fruit Cup | 17 Hot Hamburger Mashed Potatoes Beef Gravy Green Beans Peanut Butter Cookie | 18 Dill Salmon Old Bay Roasted Potatoes Peas Frosted Yellow Cake | 19 Beef Stew Biscuit Cauliflower Garden Salad Lemon Pudding | 20 Green Chili Chicken Bake Mexican Rice Peas and Carrots Brownie | 21 |
| 22 | 23 Salisbury Steak Mashed Potatoes Beef Gravy Corn Peaches & Cream | 24 Beef Stroganoff Wheat Roll Vegetable Medley Fruit Crisp | 25 CHRISTMAS DINNER Baked Ham Garlic Mashed Potatoes Stuffing Asparagus Roll Chocolate Pudding | 26 Chicken Marsala Roasted Zucchini Wheat Roll Spiced Apples | 27 Spaghetti and Meat Sauce Steamed Broccoli Garlic Bread Caesar Salad Oatmeal Raisin Cookie | 28 |
| 29 | 30 Chicken & Sausage Jambalaya Corn Muffin Peas Vanilla Pudding | 31 NEW YEARS EVE Chicken Fried Steak Mashed Potatoes Country Gravy Veg Medley Tropical Fruit | <p>“Good food is all the sweeter when shared with good friends.”</p>  <p>ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts</p> | | | |



January 2025



| SUN | MON | TUE | WED | THUR | FRI | SAT | |
|---|---|---|--|--|--|-----------|--|
| ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts <hr/> <p>“Friendship is born when two people share the same taste in lunch.”</p> | | | 1  BBQ Pork Ribs Dr. Pepper Baked Beans Cole Slaw Cauliflower Peanut Butter Cookie | 2 Old Fashioned Goulash Green Beans Roll Butterscotch Pudding | 3 Oven Baked Chicken Rice Pilaf Cascade Vegetables Chocolate Cake | 4 | |
| 5 | 6 Country Chicken Fritter Mashed Potatoes Country Gravy Peas and Carrots Tropical Fruit | 7 Lasagna Wheat Roll Roasted Zucchini Lemon Pudding | 8 Western Bean Bake Corn Muffin Green Beans Apple Pie Bar | 9 Vegetable Beef Barley Soup Wheat Roll Garden Salad Oatmeal Raisin Cookie | 10 Swedish Meatballs Egg Noodles Steamed Beets Vanilla Cake | 11 | |
| 12 | 13 Pot Roast w/ Potatoes and Vegetables Broccoli Lemon Crisp | 14 Green Chili Chicken Bake Refried Beans Sunshine Carrots Butterscotch Pudding | 15 Spaghetti W/Meat Sauce Vegetable Medley Caesar Salad Apple Bar | 16 Open Faced Turkey Sandwich Mashed Potatoes Turkey Gravy Brussel Sprouts Brownies | 17 Meatloaf Stewed Tomatoes Cauliflower Baked Potato Rocky Road Pudding | 18 | |
| 19 | 20 Hearty Ham and 3-Bean Soup Veg Medley Biscuit Peaches and Cream | 21 Taco Salad Spanish Rice Corn Chocolate Chip Cookie | 22 Pulled BBQ Chicken Sandwich Potato Wedges Green Beans Vanilla Pudding | 23 Beef Stroganoff Egg Noodles Wheat Roll Vegetable Medley Chocolate Zucchini Cake | 24 Cheeseburger Potato Wedges Vegetable Medley Garden Salad Berries & Cream | 25 | |
| 26 | 27 Shepherd's Pie Steamed Broccoli Roll Oatmeal Cookie | 28 Chicken Marsala Rice Pilaf Carrots Spiced Pears | 29 Salisbury Steak Mashed Potatoes Beef Gravy Green Beans Berry Crisp | 30 Chicken Noodle Soup Cascade Vegetables Roll Chocolate Chip Cookie | 31 Pork Roast Mashed Potatoes Pork Gravy Steamed Broccoli Butterscotch Pudding | | |



February 2025



| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|--|--|--|---|---|-----|
| <p>ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts</p> <p style="text-align: center;">  “Sitting across the table from a good friend makes every meal feel like a feast.” </p> | | | | | | 1 |
| 2 | 3 Chicken Pot Pie Biscuit Vegetable Medley Garden Salad Tropical Fruit | 4 ¼ lb. Beef Hot Dog Chips Coleslaw Chocolate Chip Cookie | 5 Shrimp Scampi White Rice Garlic Bread Green Beans Brownie | 6 Beef Stroganoff w/ Egg Noodles Steamed Beets Roll Peaches and Cream | 7 Glazed Ham Roasted Sweet Potatoes Vegetable Medley Roll Lemon Pudding | 8 |
| 12 | 10 Beef Taco Bake Refried Beans Southwest Corn Applesauce | 11 Chicken Cordon Bleu Bake Wild Rice Pilaf Vegetable Medley Banana Bread | 12 Steak Fingers Mashed Potatoes Country Gravy Carrots Fruit Crisp | 13 Dill Salmon Mushroom Risotto Peas & Carrots Tapioca Pudding | 14  Meatloaf Stewed Tomatoes Cauliflower Baked Potato Rocky Road Pudding | 15 |
| 16 | 17 Salisbury Steak Mashed Potatoes Beef Gravy Green Beans Mixed Fruit Cup | 18 Lasagna Vegetable Medley Garlic Bread Chocolate Zucchini Cake | 19 Baked Chicken Thighs Mashed Sweet Potatoes Broccoli Oatmeal Raisin Cookie | 20 BBQ Pork Sandwich Potato Wedges Coleslaw Cauliflower Rocky Road Pudding | 21 Spaghetti w/ Meat Sauce Veg Medley Garlic Bread Berries and Cream | 22 |
| 23 | 24 Beef Enchilada Bake Ranch Beans Corn Butterscotch Pudding | 25 BBQ Pork Ribs Dr. Pepper Baked Beans Cascade Veg Garden Salad Peach Bar | 26 Chicken Alfredo Roasted Zucchini French Bread Spiced Apples | 27 Santa Fe Chili Cheesy Briccoli Corn Muffin Chocolate Chip Cookie | 28 Reuben Casserole Cascade Vegetables Garden Salad Tapioca Pudding | |

Aging Well Opportunities

Celebrate the holidays with classic favorites and exciting **NEW ACTIVITIES** like Bingocize, Rise and Shine Gentle Yoga, Tap Dance with Jennifer Kahm, Stitch, Please! Sewing Group, Mindfulness Hour, Pony Pals, and the return of WYO PLAY Creative Aging Acting & Dance classes! Want to share your talents by hosting a class? **Get in touch with a Fun & Wellness Coordinator today!**

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

Callie Trampe, Fun & Wellness Manager
ctrampe@thehubsheridan.org | (307) 675-4953

FIND OUR EVENTS ONLINE @
www.thehubsheridan.org



FITNESS

NEW! Bingocize®

Join certified Bingocize® instructor Callie Trampe for a fun new class that combines exercise and bingo! Perfect for those new to fitness or anyone looking for a fun way to stay active, this 10-week program boosts physical, mental, and social well-being. Limited to 20 participants. Sign up online at www.thehubsheridan.org or call Callie at (307) 675-4953.

Monday • Friday • Starts January 6th • 11:00–11:45 am • \$5 voluntary contribution • Fitness Room

Happy Feet Cardio Dance

Dance your way to fitness in a fun class that improves cardiovascular health, balance, coordination, and flexibility — taught by the talented Sherry Mercer.

Monday • Wednesday • 8:00-8:55 am •

\$5 voluntary contribution • Fitness Room

BOOM! Circuit Training

These classes combine low-impact movements to enhance cognitive function, build overall strength, improve cardiovascular health, and increase flexibility and balance.

Monday • Wednesday • Friday • 9:00-9:55 am •

\$5 voluntary contribution • Fitness Room

BAMM! Chair Exercise

The movements focus on enhancing cardiovascular health, strength, balance, and flexibility, helping participants maintain independence in their daily activities (ADLs).

Monday • Wednesday • Friday • 10:00-10:55 am • \$5 voluntary contribution • Fitness Room

Tai Chi

Long-time student and practitioner Dan Aldrich leads this gentle yet effective form of exercise, designed to help maintain strength, increase flexibility, and improve balance.

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

Walking Club at the Y

Everyone is welcome to participate — no YMCA membership required! Simply mention that you're a Registered Hub Patron at the YMCA Front Desk, head to Gym 3, and enjoy your walk!

Tuesdays • 9:00-10:00 am • YMCA Gym 3



NEW! Rise and Shine Gentle Yoga

Yoga enthusiast Rachael Esh offers a gentle yoga class to help kickstart the New Year with a refreshed mind, body, and soul.

Thursdays in January and February • 8:00-8:45 am • \$5 voluntary contribution • Fitness Room

Virtual Gentle-Stretching Yoga

Donna Stubbs, a Yoga practitioner with 20 years of experience, leads this whole body, mind, and spirit class. The class meets on Zoom two times weekly. For more information and to register, contact Donna directly at donna@thefiberhouse.com or (307) 763-1974.

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

Treadmill & Stationary Bikes

Stop by and get moving on a recumbent bike or treadmill available whenever other Fitness Room activities aren't in session. For more details, contact a Fun & Wellness Coordinator. (307) 675-4952

Monday-Friday • No sign up required • \$5 voluntary contribution • Fitness Room

Aging Well Opportunities



OUTDOOR RECREATION

Winter Snowshoe & Cross Country Ski Outings

Join Callie Trampe and Steve Stresky for outdoor winter activities from January to February! Four trips will include snowshoeing and cross-country skiing at locations such as Sibley Lake, Cutler Hill, and Antelope Butte. Outings will be confirmed a few days in advance, weather permitting. Trips are open to participants with their own equipment and beginner skills (local rentals available). Each trip will feature groomed trails for both skiers and snowshoers.

Meet at the Hub at 9:30 am to carpool and return by 4:30 pm • January 9th and 23rd • February 6th and 20th • \$5 voluntary contribution per outing • Hub Lobby



CREATIVE CORNER

Woodcarvers Group

Get ready to carve with fellow enthusiasts! All skill levels are welcome – whether you're a beginner or experienced carver. Share tips, tricks, and tools while learning from one another in a fun, creative environment!

Contact Callie at 675-4953 for door code to attend. Meets the 1st, 3rd & 5th Saturdays each month • 9:00 am - 12 pm • \$5 voluntary contribution • Art Studio

SILVER FOX SPONSOR



SHERIDAN
PHYSICAL THERAPY

“Come See Us!”

50 W 3rd St. | (307) 672-2092
www.sheridanpt.com

Therapy with...

CARE

COMPASSION

RESULTS

3rd Thursday Poetry Group

Join Abbie Taylor and a vibrant community of writers as they unleash their creativity and hone their poetic craft! New members are always welcome – whether you're an experienced poet or just starting out, there's a place for you!

3rd Thursdays • 2:00 - 4:30 pm •

\$5 voluntary contribution • Community Room

Crocheting and Knitting

Bring your latest crochet or knitting project and work on it with friends! The multi-talented Donna Stubbs will be on hand to offer guidance and assistance. Beginners are always welcome!

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

The Yarn Shop

This is a fantastic "give and get" opportunity for crocheters and knitters! A variety of yarn is available in the cubbies located in the Art Studio. Donate any extra skeins or take what you need to keep your creative projects going.

Let's keep crafting!

Monday - Friday • \$1 voluntary contribution per skein • Art Studio

NEW! Stitch, Please! Sewing Group

Bring your sewing machine and join the fun! Whether you're working on your own project or eager to collaborate on something new, this is the perfect space to get creative and inspired with fellow sewists!

Fridays beginning January 3rd • 1:00 – 3:00 pm • \$5 voluntary contribution • Art Studio

Craft Fusion Haven

Join talented local artist Sharyn Siler as she guides you in creating unique junk journals, collage art, and more! Learn Gelli printing and other mixed media techniques while exploring your own creative ideas. Please note that there will be a small charge for some kits.

Tuesdays • 9:30 - 11:30 am •

\$5 voluntary contribution • Art Studio

Greeting Card Workshops

Create beautiful, handcrafted cards using special papers, die-cut stamps, and other unique techniques, all under the creative guidance of instructor Heidi Roesler.

Contact Callie at 675-4953 for door code to attend.

2nd Saturdays • 12:30 - 3:30 pm •

\$7 fee per class paid to instructor • Art Studio

Aging Well Opportunities

Music Makers Piano Lessons

Always wanted to play the piano? Whether you're a beginner or returning player, join Janet Ruleaux for an exciting, interactive class at your own pace. Two sessions available. Handicap accessible.

Contact Janet at 307-752-5312 to sign up or for more info.

Mondays • 9:00 - 10:00 am or 10:00 - 11:00 am •

\$5 fee per class paid to instructor • Methodist Church

Drum Circle

Join Callie Trampe for a fun and energetic drumming session — no experience needed! You'll receive a small djembe drum, learn basic beats and patterns, and then work together to create new rhythms as a group. Bring your own instrument or borrow one of ours!

Tuesdays • 10:00 - 11:00 am •

\$5 voluntary contribution • Fitness Room

Uke 'an Strum

All skill levels are welcome! Ukuleles are available to try during class. Digital instructions and sheet music can be sent to your phone or computer at no extra charge, or you can purchase printed materials for a \$10 fee. New members are invited to join the 9:30 am beginner lesson. For more information or to join, contact Barb or Lacey at 675-4968.

Fridays • Beginner Lesson 9:30 am • 10:00 -11:15am •

\$5 voluntary contribution • Community Room

New! WYO PLAY Creative Aging Acting Class

By popular demand, WYO PLAY is excited to offer a Creative Aging Acting class with Lauren Graffin - Estrada, faculty member of Sheridan College's Theater and Dance Department. This 8-week course provides a fun and encouraging space to explore monologues, improv, and scene work, all tailored to your personal interests. The class will culminate in a celebration of participants' performances! With **only 15 spots available**,

don't miss out — sign up today at

www.thehubsheridan.org

or call Amanda at (307) 675-4952 for more information.

Mondays beginning January 6th • 11:00am - 12:30pm •

WYO Performing Arts & Education Center

Black Box Theater

NEW! Tap Dance with Jennifer Kahm

A tap dance class for all levels—perfect for beginners and seasoned dancers alike! Join Jennifer to learn the basics of tap, with fun and easy choreography that will keep you moving and smiling.

Sign up required online at www.thehubsheridan.org or call Amanda at (307) 675-4952.

Tuesdays • 11:00 am - 12:00 pm •

\$5 voluntary contribution • Fitness Room

Returning! WYO PLAY Creative Aging Dance Class

Join Stephanie Koltiska, faculty member of Sheridan College's Theater and Dance Department, for an exciting 8-week Creative Aging Dance class! Open to all experience levels, this class explores a variety of dance styles while embracing movements that feel good for you. The course will culminate in a joyful celebration of your progress and accomplishments! *Limited to 15 Spots*

Sign up online at www.thehubsheridan.org

or call Amanda at (307) 675-4952 for more details.

Wednesdays beginning February 5th •

1:00 - 2:30 pm • WYO Performing Arts & Education

Center Dance Studio



GAMES

Billiards - Mondays through Fridays • 8:00 am - 3:30 pm •
\$5 voluntary contribution • Billiards Room

Cribbage - Wednesdays • 9:30 am - 11:30 am •
\$5 voluntary contribution • Café

Double Deck Pinochle - Mondays 12:00 - 3:30 pm •
\$5 voluntary contribution • Community Room

Dominoes - Fridays • 9:30am - 12 pm •
\$5 voluntary contribution • Café

Hand & Foot - Tuesdays • 1:00 pm - 4:00 pm •
\$5 voluntary contribution • Café

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

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

Aging Well Opportunities



LEARNING

NEW! Mindfulness Hour

Enter the New Year with a commitment to being more present. Take time to quiet your mind and set your intentions. We use this time to experience a variety of techniques, including a guided meditation portion.

Thursdays, beginning January 2 • 10:00 - 11:00 am • \$5 voluntary contribution • Fitness Room

NEW! Pony Pals

The Hub is thrilled to welcome CHAPS Equine Assisted Services and their lovable Shetland ponies, Chachi and Feather! Pony Pals is a heartwarming program that taps into the gentle kindness and nonjudgmental nature of horses to help you grow and strengthen important skills. Enjoy a fun, supportive environment while enhancing your memory, recall, socialization, and motor skills — all from spending quality time with the ponies.

1st and 3rd Wednesdays, beginning December 4 • 2:00 pm - 3:00 pm • \$5 voluntary contribution • Fitness Room

Sheridan Community Land Trust (SCLT)

Explore History Series

Join the Sheridan Community Land Trust staff and exciting guest presenters for a series of engaging and informative talks! We invite community members to share their personal stories and historical insights related to the topics, making this an interactive and vibrant experience for all. The Explore History program is generously funded by the Next50 Initiative. Below are the upcoming presentations:

“John Howard Conrad: His Legacy in Northern

Wyoming and Montana” • Kim Ostermeyer •

Tuesday, December 10th • 10:00 am •

\$5 voluntary contribution • Hub Café

“Monarch Bridge and Cemetery” • Kevin Knapp •

Tuesday, January 14th • 10:00 am •

\$5 voluntary contribution • Hub Café

“Rural Telephone Technology” • Mike Kuzara •

Tuesday, February 11th • 10:00 am •

\$5 voluntary contribution • Hub Café

Scams 101 with the Sheridan Police Department

Join the Sheridan Police Department for an informative session where you'll learn simple, practical tips to help you spot and avoid scams. You'll also find out what steps to take if you think you've been targeted, and what information you'll need to report a scam to the authorities. This is a great chance to stay informed, protect yourself, and feel more confident in keeping your personal security in check!

1st Thursday, Monthly • 11:00 - 11:30 am •

Voluntary contributions welcome • Hub Cafe

Antique Roadshow

Local collectors Ken Heuerman, Sue Heuerman, Wayne Sullenger, and Darla Judes will share their expertise to provide estimates on 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

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

Join Christopher Sherwood, Estate Planning Attorney with *Yonkee & Toner, LLP*, for an informative presentation and discussion on the importance of how you own your assets. Are you curious about how your asset ownership affects your estate? Do you know what could happen if you don't have a valid Durable Power of Attorney or a Will? What if you've signed a Will, but things still go wrong? We'll also cover how to avoid Probate, the benefits (and risks) of Revocable Living Trusts, and how Beneficiary Designations, PODs (Payable on Death), TODs (Transfer on Death), and Joint Ownership can impact your estate and beneficiaries. In this session, Mr. Sherwood will share his expertise and answer your questions. You'll gain practical advice on how to make sure your estate plan is in place and how to appoint the right people to manage your finances and transfer assets to your beneficiaries with ease. Please join us for this valuable discussion!

Thursday, January 23rd • 11:00 am - 12:00 pm •

\$5 voluntary contribution • Community Room

Aging Well Opportunities



CELEBRATIONS

Holiday Craft Bazaar - The Place for Unique Gifts!

Come check out an amazing selection of handcrafted holiday treasures made by our talented Hub crafters! Whether you're looking for the perfect gift or something special for yourself, you'll find something festive at every turn. Don't miss out on this holiday shopping experience!

Tuesday, December 3rd • 9:30 am - 12:30 pm • Community Room

Hubcaps Present "Christmas Memories"

Join us for a heartwarming performance as an older couple flips through a photo album, sharing cherished memories of past Christmases through song. It's a delightful journey down memory lane that will fill you with holiday cheer!

• **Wednesday, December 4th – Two Showings Available**
1:30 - 2:30 pm and 6:30 - 7:30 pm • \$5 voluntary contribution • Café

• **Thursday, December 5th – One Showing Available**
1:30 - 2:30 pm • \$5 voluntary contribution • Café

Hub Christmas Eve Party

Celebrate the season with a festive lunchtime event featuring holiday music by Khale Century-Reno, Executive Director of Wyoming Wilderness, and a fun game of Christmas Bingo hosted by Barb Blue, Day Break Director.

Tuesday, December 24 • 11:00 am - 1:00 pm • \$5 voluntary contribution • Cafe

New Years Eve at Noon Celebration

Let's ring in the New Year together at Noon! Join us for a festive celebration featuring live music by the Black Mountain Drifters, a delicious lunch, and Double Blackout Bingo after the noon countdown. Space is limited, so be sure to arrive early! Dress up if you'd like, and let's celebrate together!

Tuesday, December 31st • 11:00 am - 1:00 pm • \$5 voluntary contribution • Café

Generational Game Day with Schiffer School

Come join us for a fun afternoon of games with students from Schiffer School! It's a great chance to learn from each other, make new friends, and share some wonderful memories across generations.

Wednesday, February 12th • 8:30 - 9:30 am • voluntary contributions welcome • Café

Valentine's Day Celebration

Come celebrate Valentine's Day with friends at the Hub! We've got some heartwarming surprises and special entertainment planned to make this day extra memorable. Join us for fun, laughter, and a little bit of love!

Friday, February 14th • 11:30 am – 1:00 pm • voluntary contributions welcome • Café

NEW! The Hub at Twilight - Movie Nights

Grab a friend and join us at The Hub for a cozy evening of cinema each month! We'll showcase a different movie every time and we've got the popcorn covered. Keep an eye out for our movie title announcements. See you at the movies!

December 18th • January 15th • February 19th • 6:00pm • Donations at the door • Café



SERVICES

Open Enrollment for Medicare Supplements & Marketplace Insurance (Affordable Care Act)

• **Nov 1st – Jan 31st.**

If you're considering retiring before age 65, you may find an affordable insurance option for you or your spouse. Nancy Drummond, a Navigator with EnrollWyo can assist you in finding a plan. **Medicare Supplement (Medigap) open enrollment is Jan 1st – Mar 31st.** Keep in mind, potential insurers may review your medical history for the past 2 years and could deny coverage or raise premiums. For more information or to **make an appointment at the Hub**, call 307-672-2240 or you can reach Nancy directly at 307-461-9099.

Chair Massage

Relax and unwind with a soothing 15-minute chair massage from board-certified massage therapist Dora Cudney. To reserve your spot, please call the Front Desk at (307) 672-2240.

Wednesdays • 11:00 am - 1:30 pm • voluntary contributions welcome • Lobby

Alterations by Marcine

To schedule your appointment call the Hub Front Desk at (307) 672-2240. Limit of 3 items per appointment.

Available Jan 8th and Feb 5th (not December) • 9:00 - 10:00 am • voluntary contributions welcome • Art Studio

CENTER STAGE

Memorial & Tribute Gifts

through November 1, 2024

IN HONOR OF MAUREEN CLINE
Carla Hager

IN HONOR OF OUR DECEASED CLASSMATES
SHS Class of 1963

IN HONOR OF JOEL FARNELL
Joel Farnell Estate

IN HONOR OF LEONARD HARRIS
Anonymous
Haven at Holly Ponds Homeowners Association
Charlene Bodine
Sandra Broom
Ronald Dailey
Debra Dirst
Byron Grott
Eleanor Harris
Colleen Hornay
Karen Lidahl
Kim & Mary Kay Love
Rose Mary Melvin
Carol Negro
Barbara Renback
Clifton Rogers
Christian Skretteberg
Dennis D. Smith
Michal Ann Tyree
Patricia Wolfe
Thomas Wollenzien

IN HONOR OF SUZANNE MCCLINTOCK
Thomas Atkinson
David McClintock

IN HONOR OF MARTY SKATULA
Cameron A & Mary Ann Charitable Giving Fund
Kathy Barker
Bill Engel
Jeff Schroeder
Patricia Wolfe

IN HONOR OF HARBEE THERALDSON
Lee & Laura Foran
Don & Louise Knievel
Gary & Hazel Richards

IN HONOR OF TOM WRIGHT
Cameron A & Mary Ann Charitable Giving Fund

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

50th Anniversary Sponsors

Carroll's Furniture
Crowley Fleck PLLP Attorneys
First Federal Bank & Trust
First Interstate BancSystem Foundation
First Northern Bank
Hospital Pharmacy
Kennon Products
King's Saddlery, Inc.
Little Horn State Bank
Only Co.
Robbins Dermatology
Sheridan Community Federal Credit Union
Sheridan Media
Anthony & Jean Spiegelberg
The Standish Family Fund
The Warehouse Gastropub
Top Office Products Inc.
Wyoming Eye Surgeons

50th Anniversary Donors

| | |
|-----------------------|--------------------------------|
| Anonymous | Ongaro/Manry Family |
| Susan Bigelow | Casey & Sue Osborn |
| Vanessa Buyok | Shane & Heidi Parker - Babe's |
| Doherty Family | Flowers |
| Michael Erusha | Ann Ross |
| Douglas Goodwin | Dr. & Mrs. Kristopher Schamber |
| Jean Harm | John & Robby Smith |
| Allyson Gail Harvey | Pauline Stadick |
| Myron Hetzer | Bryn Stewart |
| Janet Holcomb | Larry Thiel |
| Don & Jeannie Julian | Bob Utter |
| S. Kuzara | Georgia Vos |
| Linda Malstrom | Carol Wagner |
| Mary Ellen McWilliams | Alice White |
| Kitty Norris-Guile | Lee Heating & Cooling |

Donors through November 1, 2024

| | |
|--------------------|---|
| Anonymous | Sheryll Seagrave |
| Mark Bergman | Anne Vaughan |
| Jerry Eugene Davis | Fachon Wilson |
| Katelynn Doherty | Grateful Hearts Foundation |
| David Eisenman | Hilary & Ralph Goodwin Foundation |
| Bob Giurgevich | Joe & Arlene Watt Foundation |
| Dennis Kristy | Just For Today AFG |
| Jesse Lipson | NARFE Chapter 452 |
| George Lunbeck | T.R. & Emily Shelby Charitable Fund |
| Melissa McLeod | Harry and Thelma Surrena Memorial Fund |
| Rae Ann Morss | Vernon S. and Rowena W. Griffith |
| Karen Mulholland | Foundation |
| Ramona Pinder | William F. and Lorene W. Welch Foundation |
| Doris Robinette | |

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

QUESTIONS? Call (307) 461-5955
or email hcomstock@thehubsheridan.org

Preparing for the Holidays
Creating More Comfortable Celebrations

Wednesday, December 4th, 2024
10:00 am-11:00 am • Community Room

Learn practical ways to make holiday celebrations more manageable and enjoyable for everyone. We'll discuss modifying traditions, managing sensory overload, and conserving energy during the busy season. Share ideas for gift-giving, hosting or attending gatherings, and creating meaningful new traditions that work for your family. This interactive session combines research and real-world experience to help make holiday celebrations more comfortable for all.

Understanding Frontotemporal Dementia: A Closer Look

Wednesday, January 8th, 2025
10:00 am-11:00 am • Community Room

Join us for an informative session exploring Frontotemporal Dementia (FTD), a complex form of dementia that primarily affects behavior, personality, and language. Learn about the unique challenges of FTD, its various presentations, and strategies for supporting individuals and families impacted by this condition. This workshop combines current research with practical caregiving approaches to provide a better understanding of FTD.

Navigating Changes Together
Practical Support for Times of Transition

Wednesday, February 5th, 2025
10:00 am-11:00 am • Community Room

Join us to learn practical strategies for managing transitions, from changes in daily routines and support needs to hospital visits. We will explore ways to stay emotionally connected, communicate effectively, and build a strong circle of support during times of change. This interactive session brings together people living with dementia and their care partners to share experiences and real-world solutions. Drawing from both research and lived experience, we'll discuss approaches that help maintain wellbeing during times of transition.

GOLDEN YEARS SPONSOR

OFFERING FREE SCREENINGS AT THE HUB!

2nd TUESDAYS, MONTHLY
December 10 | January 14 | February 11



- Hearing Aids Repairs & Programming
- Hearing Protection
- Battery & Accessory Sales
- Locally Owned

Ebia
Hearing & Sound

1273 COFFEEN AVENUE SHERIDAN, WY 82801

(307) 674 - 8920



The Hub on Smith
211 Smith St.
Sheridan, WY 82801

NON PROFIT
ORGANIZATION
US POSTAGE PAID
SHERIDAN, WY 82801
PERMIT #41

RETURN SERVICE REQUESTED

Center Stage is published quarterly. A suggested contribution of \$6 renews hardcopy mailings. Center Stage can also be emailed to you or you can view it online at www.thehubsheridan.org. Contact our front desk at 672-2240 for assistance.

CONTACT US TODAY

- Main Phone (307) 672-2240
- Caregiver Support
(307) 672-2240 x121
- Day Break (307) 675-1978
- Help at Home (307) 675-1978
- Home-Delivered Meals
(307) 675-4949
- Support Center (307) 672-2240
- Dementia Friendly Wyoming (307)
461-5955
- Goose Creek Transit
(307) 675-RIDE (7433)
- Tongue River Valley Services
(307) 655-9419

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.



Snow Patrol

The Hub on Smith, in partnership with the City of Sheridan, is proud to offer snow removal assistance to community members in need this winter.

Who can receive help?

Anyone with health issues, age restrictions, or disability

How do I sign up to receive help?

Fill out the form on the City of Sheridan website at www.sheridanwy.gov or call Sheridan Public Works at 674-4112

Who can volunteer?

Anyone can be a Snow Patrol Volunteer

How can I sign up to Volunteer?

Fill out the volunteer form www.thehubsheridan.org/volunteer or call Marcie Morrow Volunteer Coordinator 307-672-2240 ext. 134 mmorrow@thehubsheridan.org

MORE VOLUNTEER OPPORTUNITIES!

- Café/Dining Room:** Servers, Restock, Clean-up for Breakfast & Lunch
- Home Delivered Meals:** Route Drivers and Substitute Route Drivers
- Heritage Towers Dining Room:** Meal Servers
- Trailblazers:** Help a new friend/companion get involved in our activities or a meal.

Marcie Morrow | Volunteer Coordinator | 672-2240 ext 134 | mmorrow@thehubsheridan.org