



A QUIET FOUNDATION

written by Ryan Koltiska | Director of Development

Senior Services in Sheridan County

I have been at The Hub for two years as the Director of Development. My role encompasses raising over \$1 million a year in private funding for services at The Hub, as well as all communications for the organization. One line I clearly remember when I was hired was the need to "help us tell our story to the community." I like telling stories, and that line resonated with me.

What I didn't fully understand at the time was why that story still needed to be told. The Hub had already been serving Sheridan County for 50 years. Doesn't everybody know the story? What is left to tell? I get it now.

The saying, "If I had a nickel for every time..." comes to mind.



If I had a nickel for every time I've heard, "I didn't know The Hub existed," or "I didn't know The Hub did that," or even, "Where is The Hub?"—I would not be rich, but I could probably take my wife out for a nice dinner and pay for it entirely in nickels.

While we have 80 employees and serve thousands of people, we still seem to fly under the radar. I don't know exactly why but I do have a few theories.

Under the Radar

First, so many of our services happen intentionally under the radar. Last year, we served 71,000 meals to 420 seniors in their homes. Hundreds of volunteers drove routes every day in their own cars, on their own time and dime. It all happens quietly. We don't advertise who gets meals and the volunteers are not recognizable. Home-delivered meals are quiet—but foundational.

That's 71,000 wellness checks, nutrition supports, and isolation reducers. When you include our dining room meals, that number grows to more than 112,000 touch points for over 2,000 people.

Our Help at Home program served 172 clients last year—also quietly. Our homemakers, CNAs, and nurses travel in unmarked cars and provide nearly 10,000 hours of care.

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“Senior Centers aren’t just buildings...they are lifelines”

One day I slipped into one of our art classes for a few minutes, mostly just to say hello and see how things were going. People were painting, chatting, laughing, and comparing colors like old friends.

DUSTIN STEPHENS EXECUTIVE DIRECTOR

I sat down next to a patron I’ll call “Susan.” She didn’t pause her brush for long. She told me about what she was working on, what she was trying, and how much she looks forward to coming to The Hub. She talked about the staff, the programs, the people she’s met, her history, and the simple comfort of having a place to belong.

Then she stopped.

Susan set her brush down and looked up at me. Her expression changed—serious and steady—like she needed to know I was really listening. She said, quietly but clearly, “The Hub... saved my life.”

In that moment, I was reminded of something we see every day, even if we don’t always say it out loud. Senior centers aren’t just buildings with activities. They are lifelines.

They are places where a person is known by name. Places to get a warm meal and a warm conversation. Places where isolation is interrupted by connection—where a ride, a class, a support group, a shared table, or a friendly check-in can change the direction of someone’s week, or even an entire season of life.

When we talk about why senior services matter, Susan’s words are the answer. The Hub matters because people matter—and because aging should never mean going through life alone.

I’m grateful to Susan for trusting me with that sentence. I’m grateful to our staff and volunteers who create spaces like that art room every single day, and I’m grateful to this community for believing that older adults deserve a place to be celebrated, supported, and connected.

If you’ve ever wondered what difference a senior center makes, think of Susan’s story—and the many others like it who walk through our front doors every day.

DUSTIN STEPHENS

CONTINUED FROM PG 1

I recently spoke with Tim Moe, a friend and caregiver to a client in our Help at Home program. Tim told me that prior to helping his friend receive services, he didn't know about The Hub or all it had to offer. After being referred by the hospital, Tim said the staff at The Hub was incredible at getting his friend set up for services. "Without Help at Home, it would be difficult to help him," Tim said. "With The Hub's help, he can still stay in his home, and that's huge."

This is foundational work—helping older adults remain in their homes as long as possible. Yet even Tim, who is not new to Sheridan, only learned about these services when the need arose.

Communicating our Impact

Another reason our story stays under the radar is that it's hard to measure, and thus communicate, the true impact of what we do. For example, The Hub operates Goose Creek Transportation, and last year 670 individuals used our door-to-door services to get to 27,000 medical appointments, church services, grocery stores, pharmacies, and more.

How do you measure that impact? How do you quantify the importance of older adults who can no longer drive still being able to live independently, stay connected, and access essential services? It's big. In the words of my kids, it's "bigger than King Kong and Godzilla."

Research shows that seniors with reliable transportation are 43% more likely to attend regular check-ups and 38% more likely to adhere to medications. Those are big numbers — and they don't even begin to capture the impact of reduced isolation and increased social connection.

And what about the impact of more than 1,000 people attending educational workshops, support groups, and dementia-focused programming? Many participants have told us those experiences were "life-changing," but unless they personally tell you their story, it just continues to support hundreds of families under the radar.

Nobody calls the doctor when they are healthy

My last theory on why The Hub can remain under the radar is simple: services are working well.

When everything is working well, you don't notice it. Nobody calls the doctor when they are healthy. Our community doesn't have the need for senior services on the top of their mind because, quite frankly, the services already exist.



That didn't happen by accident. Community members more than 50 years ago saw the need for senior services and started fixing it — first with transportation, then meals, and eventually a network of services that now serves nearly 3,400 older adults each year. We haven't always been here, but most people can't remember Sheridan without senior services.

There are moments when I wish we could stop our programs for just one week (stay with me—I have a point). Think about the last time your electricity went out. Did you suddenly remember how amazing electricity is?

That's what senior services are like. We don't think about them because we don't have to.

But take away 2,150 meals or 1,200 rides a week, and I think we'd feel it quickly. We're not pulling the plug, but I do sometimes imagine how long it would take for our community to feel the impact if the 3,400 people we serve, roughly 10% of our county's population, suddenly weren't receiving support.

The Hub may be a quiet foundation beneath our community — but quiet does not mean unimportant. It means steady, reliable, and here when it's needed most. Senior services matter. They make our whole community stronger.

I'm not sure I've fully told The Hub's story in my two years here — but I'm committed to continuing to try. But I do have a favor to ask: If you receive services here, tell someone about us. Help us tell the story, because when you share what The Hub means to you, you help ensure these services remain strong for the generations who will need them next.

CAREGIVER SUPPORT

For information about Family Caregiver Services or to sign up, contact our Family Caregiver Coordinator,

Emily Keith

307-672-2240 x 122

egorham-keith@thehubsheridan.org

SUPPORT GROUPS

Caregiver Support

Group Meetings

Mondays, 9:30-11:00 am

Hub Community Room

Community Welcome

Older Relative Caregivers

3rd Tuesday, Monthly

6pm - 7:30pm,

Hub Dining Room

Family Style Dinner

Complimentary Child Care

Help at Home



Sherri Burr, Help at Home Manager

(307) 675 - 1978

Fresh Support for Spring

Our goal: Helping older adults remain independent and in the place they call home — longer.

- Meal preparation and grocery shopping
- Light housekeeping and laundry
- Personal care, including bathing and dressing
- Skilled nursing services

Help at Home is The Hub's **licensed and accredited** Home Health Agency designed to help individuals foster self-sufficiency.

Washing Produce – Is it Worth it?



**Wednesday,
May 27 | 10:00 am
The Hub on Smith
Conference Room**

**GEORGIA BOLEY, MS, RD
Owner of Tailored
Nutrition LLC**

Fruits and vegetables are excellent sources of essential nutrients like vitamin C, potassium, and folate—but if not washed properly, they can also expose us to pesticides, herbicides, and harmful bacteria.

Because different types of produce require different cleaning methods, there's no one-size-fits-all approach. In general, avoid soaps, detergents, and bleach, and be cautious of commercial produce washes, as their effectiveness remains uncertain.



Best Practices at a Glance



Rinse with tap water: Rub produce gently under running water for at least 20 seconds



Soak in water: Soak for 10-15 minutes, then rinse



Baking soda or vinegar soak: Soak for 5-10 minutes, then rinse thoroughly



Match the method to the produce: Scrub firm items, gently handle berries, and soak leafy greens

MARCH 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2 Baked Chicken Mashed Sweet Potatoes Cauliflower Strawberries and Bananas	3 Biscuit and Sausage Gravy Scrambled Eggs Roasted Zucchini Mandarin Oranges	4 Turkey & Wild Rice Soup Broccoli French Bread Banana Cake	5 Sloppy Joe Roasted Red Potato Wedges Vegetable Medley Oatmeal Raisin Cookie	6 Baked Tilapia Garlic Bowtie Pasta Peas and Carrots Peaches	7
8 Daylight Savings Time 	9 Beef Stroganoff Egg Noodles Steamed Beets Bran Muffin	10 Chicken Pot Pie Biscuit Vegetable Medley Cinnamon Apples	11 Meatloaf Stewed Tomatoes Baked Potato Green Beans Rice Krispie Treat	12 Macaroni Ham and Cheese Bake Normandy Vegetables Apricot Bar	13 Country Chicken Fritter Mashed Potatoes Country Gravy Peas and Carrots Cinnamon Pears	14
15	16 Western Bean Bake Cornbread Broccoli Peanut Butter Cookie*	17 ST. PATRICK'S DAY Corned Beef Cabbage, Carrots, and Potatoes Roll Garden Salad Chocolate Pudding	18 Baked Chicken Thighs Mashed Potatoes Chicken Gravy Vegetable Medley Mandarin Oranges	19 Chicken and Sausage Jambalaya Cauliflower French Bread Chocolate Zucchini Cake	20 Fish & Chips Coleslaw Vegetable Medley Apricot Bar	21
22	23 Chicken Marsala Penne Pasta Carrots Bran Muffin Grapes	24 Chicken Strips Mashed Potatoes Country Gravy Vegetable Medley Oatmeal Raisin Cookie	25 Lasagna Green Beans Garden Salad Garlic Bread Cinnamon Apples	26 Cheeseburger Lettuce and Tomato Potato Wedges Cascade Blend Vegetables Mixed Fruit Cup	27 Roast Beef Mashed Potatoes Beef Gravy Broccoli Chocolate Pudding	28
29	30 Beefy Mac & Cheese Brussels Sprouts Wheat Roll Mixed Tropical Fruit	31 Salisbury Steak Mashed Potatoes Beef Gravy Steamed Beets Banana Snack Cake			<p>“A full plate and a full table – that’s the recipe.”</p> <p></p>	

ITEMS SUBJECT TO CHANGE

* Indicates Item Contains Nuts

APRIL 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts			1 Sloppy Joe Hash Rounds Peas and Carrots Oatmeal Raisin Cookie	2 Chicken and Stuffing Casserole Green Beans Wheat Roll Grapes	3 Biscuit and Sausage Gravy Scrambled Eggs Roasted Zucchini Apricot Bar	4
 <p>“Good friends bring joy. Great friends bring dessert.”</p>						
5 <i>Happy Easter!</i>	6 Chili Cinnamon Roll Vegetable Medley Sliced Apples	7 Pot Roast Potatoes and Vegetables Garden Salad Wheat Roll Sugar Cookie	8 Taco Salad Spanish Rice Corn with Peppers Butterscotch Pudding	9 Swedish Meatballs Egg Noodles Steamed Beets Banana Pudding	10 Shrimp Scampi Wild Rice Pilaf Cauliflower Garlic Bread Chocolate Cake	11
12	13 BBQ Beef Sandwich Potato Wedges Peas and Carrots Grapes	14 Green Chili Chicken Enchilada Bake Refried Beans Corn with Peppers Banana Snack Cake	15 Pork Roast Mashed Potatoes Pork Gravy Broccoli Mandarin Oranges	16 Beefy Mac and Cheese Peas and Carrots Bran Muffin Pineapple	17 Glazed Ham Scalloped Potatoes Green Beans Amandine* Wheat Roll Strawberries and Bananas	18
19	20 Open Faced Turkey Sandwich Mashed Potatoes Turkey Gravy Seasoned Peas Apple Slices	21 Beef Stir-Fry White rice Brussels Sprouts Sugar Cookie	22 Chef Salad Beets Tapioca Pudding	23 BBQ Pork Sandwich Sweet Potato Wedges Normandy Veg Rice Krispie Treat	24 Chicken Cordon Bleu Bake Roasted Potatoes Green Beans Grapes	25
26	27 Beef Stew Cascade Vegetables Wheat Roll Pears	28 Cheeseburger Potato Chips Vegetable Medley Banana Bar	29 Spaghetti with Meat Sauce Normandy Blend Vegetables Bran Muffin			

MAY 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts					1	2
					Beef Stroganoff Egg Noodles Green Beans Oatmeal Raisin Cookie	
					“Friendship is just seasoning for good food.”	
3	4 Tuna Noodle Casserole Veg Medley Roll Banana Pudding	5  Beef Tacos Mexican Rice Refried Beans Mandarin Oranges	6 Chicken Alfredo Fettuccini Pasta Green Beans Amadine* Garden Salad Tropical Fruit	7 Bratwurst on a Bun Grilled Onions Potato Chips Broccoli Apricot Bar	8 Chicken Fried Steak Mashed Potatoes Country Gravy Peas Rocky Road Pudding*	9
10 <i>Mother's Day</i>	11 Sloppy Joe Tater Coins Cauliflower Grapes	12 Baked Ziti with Italian Sausage Cascade Vegetables Caesar Salad Garlic Bread Banana Nut Muffin*	13 Chicken Primavera Garlic Bread Peas and Carrots Fresh Melon	14 Pot Roast Potatoes and Vegetables Roll Garden Salad Cinnamon Pears	15 Chicken Tenders Mashed Potatoes Chicken Gravy Carrots Peanut Butter Cookie*	16
17	18 Supreme Chef's Salad Beets Sliced Peaches	19 Meatloaf Stewed Tomatoes Baked Potato Broccoli Strawberry Cake	20 Tarragon Chicken Salad Sandwich Potato Chips Carrot Raisin Salad Banana Bar	21 Biscuit with Sausage Gravy Scrambled Eggs Roasted Zucchini Grapes	22 Fish and Chips Coleslaw Carrots Lemon Pudding	23
24/ 31	25  CLOSED	26 Cheeseburger Potato Wedges Tropical fruit	27 Turkey Tetrazzini Wheat Roll Brussels Sprouts Oatmeal Raisin Cookie	28 BBQ Pork Ribs Dr. Pepper Baked Beans Memphis Coleslaw Applesauce	29 Spaghetti with Meatballs Garlic Bread California Blend Veg Bran Muffin	30

Aging Well Opportunities

Spring is here, and the Fun & Wellness team has a fresh lineup of activities to keep you moving, creating, and connecting.

Interested in sharing your talents? We'd love to hear from you! Contact our Community Life Coordinator to explore leading a class or activity.



Kristi Beyer
Community Life Coordinator
kbeyer@thehubsheridan.org
(307) 672-2240 x 153

FIND OUR EVENTS ONLINE
www.thehubsheridan.org



FOLLOW US
FACEBOOK AND INSTAGRAM



FITNESS

Happy Feet Cardio Dance

Dance your way to fitness with the fun, talented Sherry Mercer! Start out your day by getting your heart pumping and the blood flowing with a great group of individuals.

Mon • Wed | 8:00 am - 8:50 am | Fitness Room

BOOM! Circuit Training

Classes include low impact movements to improve cognitive abilities and increase overall cardio conditioning, strength, flexibility, and balance. Chairs are available to help with stability. All levels are welcome.

Mon • Wed • Fri | 9:00 am - 9:50 am | Fitness Room

BAMM! Chair Exercise

Moves focus on improving cardio, strength, balance, and flexibility, helping participants maintain independence in daily life. Chairs are used to help with stability during class. All levels are welcome.

Mon • Wed • Fri | 10:00 am - 10:50 am | Fitness Room

Rise and Shine Gentle Yoga

Join us for this gentle yoga class that is good for your mind, body, and soul. Everyone is welcome, as moves are modified to fit your ability!

Tuesdays | 8:00 am - 8:30 am | Fitness Room



VOLUNTARY CONTRIBUTIONS ARE WELCOME!

Your generosity helps keep Fun & Wellness programs thriving at The Hub on Smith.

Walking Club at the YMCA

No need to be a member of the YMCA. Mention you are a Registered Hub Patron at the YMCA's Front Desk.

Tuesdays • Thursdays | 8:00 am - 10:00 am

YMCA Gym 2

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 | 8:30am - 9:30 am | Fitness Room

Tap Dance with Jennifer Kahm

A tap dance class for all levels. Come expecting to learn basic tap steps, and simple choreography. We'll keep things simple and fun. Class duration of **March - April**.

Tuesdays | 1:00 pm - 1:45 pm | Art Studio

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 information and to register contact Donna directly at donna@thefiberhouse.com or (307) 763-1974.

Thursdays 5:30 pm | Sundays 5:00 pm | Zoom

Day Break

ADULT DAY CARE SERVICES



Day Break
at the Hub on Smith



Call (307) 675 - 4968

Aging Well Opportunities



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OUTDOOR RECREATION

Spring Adventures

Join Steve Stresky for outdoor spring activities!

Each trip will be confirmed a few days in advance based on weather and trail conditions. If there's snow, we'll ski or snowshoe; if trails are dry, we'll hike. Outings may be canceled or rescheduled if conditions aren't favorable. Participants should have their own equipment and at least beginner-level experience. Rentals may be available locally.

March & April Outings

Local cross-country ski and snowshoe areas in the Bighorns offer a variety of trail lengths and terrain, allowing us to choose the best option once we arrive. Trails are groomed, with elevations ranging from 7,000 to 9,000 feet.

May & Dry Weather Outings

These hikes will take place locally near Sheridan. Trail selection will depend on conditions and will include options for varying distances and terrain suited to the group. Routes may include open prairie paths, gentle creekside grades, forested hikes, or accessible paved trails.

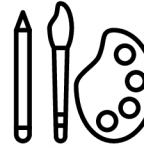
Registration required at www.thehubsheridan.org or email kbeeyer@thehubsheridan.org

Once registered, you'll receive all trip details ahead of each adventure.

Select Thursdays

March 5 & 19 | April 9 & 23 | May 14 & 28

Meet at The Hub at 9:30 am to coordinate carpooling, with a return no later than 4:00 pm



CREATIVE CORNER



NEW! Creative Aging

Creating a Hard Cover Junk Journal

In this 8-week course, local artist Sharyn Siler will guide participants in creating one-of-a-kind journals. Using a variety of techniques—including mixed media, Gelli plate printing, and monoprinting—each book will become a personal work of art. Designed to spark creativity, so come with an open mind and a readiness to create. Participants should plan to attend all sessions. Space is limited to 10 participants.

Registration required at www.thehubsheridan.org or email kbeeyer@thehubsheridan.org

**Fridays | March 6 – April 24 | 10:15 am - 11:45 pm
Art Studio**

Music Makers Piano Lessons

Have you always wanted to play the piano? This class is open to beginners and returning players who are curious to learn or rekindle their skills. Join Janet Ruleaux for an engaging approach to learning piano—at your own pace. Two sessions are now available. Handicap accessible. Contact Janet at (307) 752-5312 with to sign up!

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

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 pm - 3:00 pm | 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, monthly | 2:00 pm - 4:30 pm
Community Room**

Stitch, Please! Sewing Group

Bring your sewing machine and join the fun! Work on your own projects or collaborate and share ideas with the group. All skill levels are welcome!

Fridays | 1:00 pm - 4:00 pm | Art Studio

Aging Well Opportunities



VOLUNTARY CONTRIBUTIONS ARE WELCOME!

Your generosity helps keep Fun & Wellness programs thriving at The Hub on Smith.



CREATIVE CORNER

Uke n' Strum

Come strum, smile, and make some music! All skill levels welcome, and ukuleles are available to try during class—no uke required. Digital music and instructions available for free, or grab printed materials for a \$10 fee. Questions or ready to join the fun? Call Barb Blue at (307) 763-1507.

Fridays

- **Beginners | 9:00am**
- **Jam Session | 9:30am - 11:00am**

 **NEW! Additional Day Added for Ukelele**
* 1st Wednesday, Monthly | 3:30 pm - 5:30 pm
Community Room

Woodcarvers Group

Work on your own woodcarving projects in a shared space. All skill levels welcome, with members sharing tips, guidance, and tools. To attend, contact Kristi Beyer at (307) 672-2240 ext. 153 for the door code.

Meets 1st, 3rd & 5th Saturdays, Monthly
9:00 am - 12:00 pm | Art Studio

Greeting Card Workshops

Create lovely, handcrafted cards utilizing special papers, die cast stamps, and additional unique techniques. For more information contact instructor Heidi Roesler at 307-461-2328 (cell) or 307-674-0444 (work)

2nd Saturdays, Monthly | 8:30 am - 3:30 pm

First Congregational Church
\$10 fee per class paid to instructor

The Yarn Shop

A great give-and-take opportunity for crocheters and knitters! Yarn is available in the Art Studio cubbies—donate extra skeins or take what you need. Let's keep creating!

Available Weekdays, Monday - Friday | Art Studio
\$1 voluntary contribution per skein



GAMES

Billiards

Mondays - Fridays | 8:00 am - 3:30 pm | Billiards Room

Cribbage

Wednesdays | 9:30 am - 11:30 am | Dining Room

Double Deck Pinochle

Mondays | 12:30 pm - 3:30 pm | Community Room

Dominoes

Fridays | 9:30 am - 12:00 pm | Dining Room

Hand & Foot

Tuesdays | 1:00 pm - 4:00 pm | Dining Room

Poker

Thursdays | 1:00 pm - 3:00 pm | Dining Room

Table Tennis

Mon, Wed, Fri | 1:00 pm - 2:00 pm | Fitness Room



LEARNING

What's Up Doc?

Be sure to join on the first Tuesday of each month for a special presentation by local Sheridan physicians. Topics cover a wide range of health and wellness issues related to aging—plus there's time for both public and private Q&A, so you can ask what matters most to you.

1st Tuesday, Monthly | 10:30 am | Dining Room

- **Tuesday, March 3 : Foot / Ankle Health**
Dr. Peterson, Podiatric medicine, Sheridan Ortho
- **Tuesday, April 7 : Traditional Care vs Long-term Care, differences and continuity of care**
Kelly Lieb and Dr Kristopher Schamber
- **Tuesday, May 5 : Topic TBA**
Dr. Christopher Prior, primary care and SameDay Health & Imaging

Aging Well Opportunities



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LEARNING

Advocacy and Resource Center Presentation

Elder abuse can take many forms, including physical, emotional, sexual, and financial abuse, as well as neglect. This presentation offers an overview of how to recognize the signs, understand risk factors, and respond with empathy and respect. Participants will learn trauma-informed strategies to support older adults, promote safety, and connect them with appropriate resources. Together, we'll explore how individuals and communities can help prevent abuse and uphold dignity and well-being for all older adults.

Tuesday, May 19 | 10:00am | Dining Room

Antique Roadshow

Local collectors Ken Heuerman, Sue Heuerman, Wayne Sullenger, and Darla Judes will combine their knowledge to provide their best estimate of the value of your precious items. Limited to the first 30 guests. One item per person.

- **12:00 pm – Item drop-off**
- **1:00 pm – Presentation**

**3rd Wednesdays, Monthly | 1:00 pm
Community Room**

Scams 101 with the Sheridan Police Department

During each session, the Sheridan Police Department will share practical tips to help you spot scams and protect yourself. You'll also learn what to do if something doesn't feel right and what information you'll need if you ever need to report a scam.

**1st Thursdays, Monthly | 11:00 am - 11:30 am
Dining Room**

Nutrition Education: "The Why's and How's of Washing Produce"

Learn about the best methods for washing produce and why this is beneficial to reduce exposure to undesirable chemicals and other potentially harmful substances.

**Wednesday, May 27 | 10:00 am - 11:00 am
Conference Room**

MAR | APR | MAY



LEARNING

Sheridan Community Land Trust (SCLT)

Explore History Series

Join Sheridan Community Land Trust staff and special guest presenters for a series of interesting and informative presentations. Community members are encouraged to share their personal memories or historical insights related to the presentation topics.

2nd Wednesday, Monthly | 10:00 am | Dining Room

- **Wednesday, March 11 : History of the Big Goose Natural Area**

Join Sheridan Community Land Trust History Program Manager Kevin Knapp as he shares the rich, layered history of the Land Trust's Big Goose Natural Area. This talk will explore the site's past—from the story of K.N. Garden and the presence of General George Crook and Camp Cloud Peak to findings from a recent archaeological survey that shed new light on human activity in the area. Kevin will also discuss the history and future preservation of Streetcar #115, Wyoming's last historic electric streetcar, and more.

- **Wednesday, April 15 : Historic Homicides**

Cynde Georgen, retired superintendent at the Trail End State Historic Site and District Manager for the State Parks and Cultural Resources department, will present research for her new book about homicides in this area between the end of the Indian Wars and the start of World War II.

- **Wednesday, May 13 : Wyoming Apple Project**

Join us for a new video presentation from Dr. Joseph Magby, plant physiologist and instructor at Yakima Valley College, about his graduate work at the University of Wyoming on the history of apples grown in Wyoming, including the unique locations where they were planted and the broader historical context surrounding those orchards.



**Sheridan
Community
LAND TRUST**

The Explore History program is generously funded by the Next50 Initiative

Aging Well Opportunities



LEARNING

ESTATE PLANNING SERIES

How You Own Your Assets Matters: Wills, Trusts & Beneficiary Designations (Part 1)

How your assets are titled can greatly impact your future—and your loved ones. What happens without a Durable Power of Attorney? With or without a Will? How can probate be avoided, and when does a Trust make sense? Join estate planning attorney Christopher Sherwood of Yonkee & Toner, LLP to learn how Wills, Trusts, beneficiary designations, PODs, TODs, and joint ownership can support—or complicate—your estate plan.

Thursday, March 5 | 11:00 am | Community Room

“Self-help” and “Do it yourself” Estate Planning – Online Will and Trust Forms, Beneficiary Designations, PODs, TODs, and Joint Ownership With Right Of Survivorship. Sounds Easy, Right? (Part 2)

Want to better understand the use—and misuse—of online Will and Trust forms, beneficiary designations, PODs, TODs, and joint ownership?

Join local estate planning attorney Christopher Sherwood of Yonkee & Toner, LLP as he explains how these tools can positively—or negatively—impact your assets and beneficiaries. Learn simple ways to transfer assets effectively and get your questions answered about what you currently have in place and what steps you can take next.

Thursday, April 30 | 11:00 am | Community Room

ESTATE PLANNING SERIES

“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” (Part 3)

What happens when you add children to your home or accounts? What if you pass away with—or without—a Will? Can a Revocable Living Trust help avoid probate? Join estate planning attorney Christopher Sherwood of Yonkee & Toner, LLP to learn how common estate planning decisions can help—or unintentionally harm—your assets and beneficiaries. Get practical guidance and answers to your questions.

Thursday, June 18 | 11:00 am | Community Room



Tech Training with The Sheridan Press

The Sheridan Press staff will be on site at The Hub on Smith to help with everyday technology questions. Bring your device and get assistance with navigating your phone, tablet, or computer; setting up apps; and logging in to and reading The Sheridan Press' digital content. For questions or to schedule a one-on-one training, contact Ashleigh Snoozy at (307) 675-9968 or email ashleigh.snoozy@thesheridanpress.com.

Upcoming Dates: March 11 • April 8 • May 13

2nd Wednesday, Monthly | 10:30 am – 11:30 am

Community Room



SERVICES

Alterations by Marcine

Schedule your appointment today! Please call the Hub Front Desk at (307) 672-2240. Maximum of three items per appointment.

1st Wednesday, Monthly | 9:00 am - 10:00 am

Art Studio | voluntary contributions welcome

Building Rental

Looking for the perfect meeting space? The Hub on Smith offers welcoming, versatile rooms for rent after hours and on weekends—ideal for meetings, classes, workshops, and gatherings. Choose from the Community Room, Art Studio, Fitness Room, or Dining Room. Rates vary by room and time.

Please contact Kristi Beyer at 672-2240 x153 for additional information or to reserve your space.

Free Hearing Aid Cleaning & Consultations

Ebia Hearing & Sound visits The Hub monthly to provide complimentary hearing aid cleanings and professional consultations. Stop by to have your devices checked, cleaned, and optimized—and get your questions answered by local specialists. No appointment needed.

2nd Tuesday, Monthly | 11:00 am - 12:00 pm | Lobby

Aging Well Opportunities

CELEBRATIONS

St. Patrick's Day Bingo

Don your green leprechaun wear and get ready for some mischief and fun! A hearty St. Patrick's Day feast will be served, surprises are sprinkled throughout, and then it's time for the real question... who's taking home the pot of gold at the end of Bingo?

Tuesday, March 17 | 11:30 am - 1:00 pm | Dining Room

Easter Monday Celebration

Come celebrate with your friends at the Hub! We're talking an Easter egg hunt, a visit from the Easter Bunny, and special music to keep things hoppin'. And of course —my personal favorite—chili and cinnamon rolls... Yummy!

Monday, April 6 • 11:30 am - 1:00 pm • Dining Room

Spring Craft Fair

Stop by for gifts—or just a little something for yourself! Many of our multi-talented Hub crafters will be displaying and selling their creations. If you are interested in having a table, contact Kristi Beyer, Community Life Coordinator kbeyer@thehubsheridan.org or call (307) 672-2240 x 153

Tuesday, April 28 | 9:00 am - 12:15 pm | Lobby

Cinco De Mayo Celebration

Celebrate Cinco de Mayo with a festive lunch, lively music, and great company! Join us for a fun-filled gathering that brings friends together and highlights culture, community, and connection.

Tuesday May 5 | 11:30 am - 1:00 pm | Dining Room

A Mother's Day Tea

Ladies, you are cordially invited to an afternoon of good food and fellowship. Enjoy a light luncheon with tea and games. Maximum of 20 participants. **Registration is required.** Sign up online at www.thehubsheridan.org or by contacting Kristi Beyer at 307-672-2240 x 153

Friday, May 8 | 1:00 - 3:00 pm | Fitness Room

\$10 Suggested Contribution

Hubcaps Performance

Join us for a trip down memory lane as the Hub's choir performs their Spring Concert. This year's theme is "Country Music Through the Ages." So dust off your best western duds, bring a friend, and yell a big Yee Haw!

Tuesday, May 19 | 1:30 pm - 2:30 pm | Dining Room

Wednesday May 20 | 1:30 pm - 2:30pm | Dining Room

DEMENIA FRIENDLY WORKSHOPS



dementia friendly
WYOMING

Facilitated by Heather Comstock, MSc in Dementia Studies

EARLY SUPPORT MAKES ALL THE DIFFERENCE

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

Living with Uncertainty : Finding Your Footing

Wednesday, March 11th, 2026 | 10:00am - 11:30am

Community Room

This workshop explores the uncertainty that accompanies aging and cognitive changes, whether before, during, or after a diagnosis of a form of dementia. Participants will examine common assumptions and responses that can unintentionally increase distress. Recognizing how you navigate uncertainty is one of the most important skills when supporting someone living with dementia or experiencing changes yourself.

When Uncertainty Becomes Anxiety : Recognizing What's Building

Wednesday, April 8th, 2026 | 10:00am - 11:30am

Community Room

This workshop explores how unresolved uncertainty can develop into anxiety, for those supporting someone living with dementia and for those experiencing cognitive changes themselves. Participants will look at how anxiety shows up, why it often goes unrecognized, and how it can move between the person living with dementia and the person providing support. The session offers practical ways to notice what's building and respond before it escalates. Whether you are joining for the first time or building on the March session, this is one of the most common yet least discussed experiences in dementia support.

When Anxiety Turns to Fear :

Understanding Aggression in Dementia

Wednesday, May 13th, 2026 | 10:00am - 11:30am

Community Room

This workshop explores what can happen when anxiety goes unrecognized, for the person living with dementia and for those providing support. Participants will look at how feeling overwhelmed or fearful can drive responses that get labeled as aggression. Those responses often tell you something important, if you know how to read them. The session offers practical ways to read the situation differently and respond to fear rather than react to behavior. Whether you are joining for the first time or following the series from uncertainty through anxiety, this session offers a different way to understand what is happening when things feel most out of control.

Holiday Spirit Gifts

through December 31, 2025

Laura Addington
 Robert & Kathleen Ahrens
 Lenora Aksamit
 Bruce & Jo Lynn Andrews
 Teresa Araas
 Rex & Nickie Arney
 Judy Artist
 Jacqueline & Walter Austin
 Joseph Barani
 James R. & Judith Bauman
 Robin Belden
 James Benepe
 Rosie & Bob Berger
 Susan Bigelow
 Roy & Robin Bissey
 Judy Bobbitt
 Terry & Mike Bochmann
 Georgia & Frank Boley
 Donna Bourne
 Richard Bridger
 Janet Burtis
 Mary & Kit Carson
 Janet Connell
 Haultain & Catherine Corbett
 Jim & Deb Cosner
 Marjorie Davey
 Hoyt & Barbara David
 Riki Davidson
 Riki Davidson
 Carol Davis
 Jerry Eugene & Kandi Davis
 Karen DeMeurisse
 Tracy Derks
 Gloria Dierking
 Janet Dill
 Ruth Dilley
 Molly & Brandon Dow
 Rick & Carolyn Dowdy
 Charles & Debra Dudrey
 Willa Duncan
 Dick & Patty Dunn
 Bill Ebzery
 Norman & Susan Feck
 Sheila Flynn
 June Fournier
 Ella Fredrickson
 Vesta Gale
 Joyce Garris
 Rosie Gaviotis
 Tim & Rita Geary
 Bob Giurgevich
 Douglas & Marcy Goodwin
 Victoria Green
 Doug & Linda Greenough

George & Jennette Gunn
 Janet & Roger Haight
 Dick & Claudia Hall
 William Hand
 Frances & Jack Hansen
 Gary & Janet Hansen
 Jean & Brad Harm
 Allyson Gail Harvey
 James Haskett
 Patrick & Joann Hayworth
 Diane Hegy
 Bette Hess
 LuAnn Heward
 Gerald Hill
 Dan Hills
 Bill & Virginia Hippe
 Theo Hirshfeld
 Edwina Hoffer
 Bruce & Mary Holwell
 Liz Howell
 Claudia Husemann
 Jeanine & Mark Jackson
 Stephen Johnson
 Arlene Kane
 Jenny Kaser
 Sally Kennedy
 Nancy Kobielsz
 Lori Kobielsz
 Bonnie & Bob Koeneman
 Douglas & Susan Koltiska
 Mark Koltiska
 Robert & Nancy Kosine
 Mike Kuzara
 Noemi Langhorne
 Thomas Lawson
 Donna Lee
 Darrel & Kathy Leno
 Fran Locke
 George & Susan Lunbeck
 Steve & Edre Maier
 Tudor Marks
 Merrylue Martin
 Amy & Bryan Martini
 Carol & Sam Mavrakis
 Carol & Sam Mavrakis
 Cary & Lynda Mayeda
 Shirley McDonald
 Barbara McNab
 Mary Ellen McWilliams
 Patrick & Maurita Meehan
 Sherry Mercer
 Marilyn & Sandy Michelena
 Albert & Susan Mickelson
 Gary & Susan Miller
 William & Lisa Mills
 Doris Moeller

Everett & Marla Mohatt
 P.A. Moore
 Sandy & Rich Moore
 Greg & Laurie Morris
 Tom & Karen Mulholland
 Joyce Muller
 Blaine & Cassie Murphy
 Judith Musgrave
 Jim & Angie Navarro
 Don Nicholson
 Julie Ann Norris
 Kitty Norris-Guile
 Patty O'Leary
 Viola Olson
 William D. Patton
 Allen & Jennifer Pehringer
 Dianna & James Perry
 Kirk & Carole Petty
 William & Cheryl Pfister
 Bill & Cyndi Phillips
 Sharon & Roger Porter
 Kathy Prather
 Sue & Dennis Pratt
 Terry & Linda Pruett
 DJ & Kay Purcell
 Harvey & Margie Purcella
 Dorothy & Melvin Quick
 Ron Rainbow
 Sharon & Harlan Rasmussen
 Sondra Rexroat
 Donna Rice
 Carmen & Doug Rideout
 Janet Riesland
 Gloria Rinker
 John & Judy Rueb
 Jane Satterfield
 Anita & Karel Schamber
 Suzie Schatz Hills
 Joyce & Richard Schmidt
 James Schmoyer
 Alan Schultz
 David & Patty Schultz
 Linda & Curtis Schwamb
 Wrayanne & Rick Shannon
 Kress & Kent Sherwood
 Nancy Shovlain
 Tom & Gail Sidletsky
 Marilyn Siegel
 June Simon
 Joe & Christine Skatula
 Frank Smedley
 Frances Smith
 John & Robby Smith
 James & Jaynie Spell
 Anthony & Jean Spiegelberg
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 Melissa Watt
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 Scott & Martha Weischedel
 Dennis & Robin West
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 First Assembly of God Church
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 Lee's Auto Repair
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THANK YOU FOR SUPPORTING THE MISSION OF THE HUB ON SMITH

Memorial & Tribute Gifts

through December 31, 2025

IN MEMORY OF JIM & LOIS BALKENBUSH
BBush Seven, LLC

IN MEMORY OF COL. JOHN FRADET
Carol Holland

IN MEMORY OF RUTH GOODENOUGH
Big Horn Woman's Club

IN MEMORY OF ROZ KAUL
Gerald F. & Rose M. Kaul Foundation

IN MEMORY OF GAYE KOSKI
Doug & Mary Emme
Joyce Muller

IN MEMORY OF ROD MALSTROM
Linda Malstrom

IN MEMORY OF SUSAN MCCLINTOCK
David McClintock

IN MEMORY OF LORI McMULLEN
Alice White

IN MEMORY OF MICKEY MCNICKLE
Kathy McNickle

IN MEMORY OF PATRICIA MILLER
Joseph Stohrer

IN MEMORY OF "MOM"
Heidi Super

IN MEMORY OF JEANNE ROELFSEMA
Tammy Anthony
Melanie Dowler
Michelle Havenga
Dorothy & Melvin Quick

IN MEMORY OF RAY STROUP
Ilene Stroup

IN MEMORY OF BOB THUESON
Joe & Christine Skatula

Holiday Spirit Gifts *CONTINUED*

through December 31, 2025

Muriel & Seymour Thickman Family Charitable Foundation
Navajo Transitional Energy Company
O'Dell Construction
Ptolemy Data Systems
Santosha Yoga Center, LLC
Seidler Foundation - Carol & Sam Mavrakis
Sheridan Community Federal Credit Union
Sheridan Eyecare Center
Sugarland Dental PC
T.R. & Emily Shelby Charitable Fund
The Charitable Foundation of the Burns Family, Inc.
The Riggs Foundation
Trufinish Concrete
Vacutech Vacuum Technologies Corporation
Western Water Consultants
William F. and Lorene W. Welch Foundation
Wolf Creek Charitable Foundation
Women of St. Peter's
Woodson Family Foundation
WS Ranch
Zemple Trust
Zowada Plumbing and Heating

Donations

through December 31, 2025
Joe & Arlene Watt Foundation
Renaissance Charitable Foundation

Dan and Cathy Aldrich
Daniel and Holly Carter
Patricia Demple
Skip and Kathy Israel
Elizabeth Leavitt
Everett and Mary McGlothlin
P.A. Moore
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Every Day Sponsors

Ryan and Ashley Koltiska
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Michael or Natalie Trampe
Daphne & Terry Weitzel

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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Center Stage is published quarterly. A suggested contribution of \$6 renews hardcopy mailings. Center Stage can also be emailed to you or view it online at www.thehubsheridan.org

FRONT DESK (307) 672 - 2240

Caregiver Support - Ext. 122
Day Break - Ext. 135
Help at Home - Ext. 137
Intake Specialist - Ext. 150

Home Delivered Meals
(307) 672 - 6079

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.

Volunteer Appreciation Breakfast

In celebration of National Volunteer Week (April 19–25), **all Hub volunteers are invited to a FREE appreciation breakfast** with food, gratitude, and a special award ceremony.



Wednesday, April 22 | 7 am – 9 am
Dining Room at The Hub on Smith



READY TO VOLUNTEER?

Contact: Callie Trampe

ctrampe@thehubsheridan.org | (307) 675-4953