

Center Stage Summer

AT THE HUB ON SMITH



JUN | JUL | AUG

2026

Senior Citizen Bus Club



Are You 60 years of age or older?
You can ride the **MINI-BUS!**
NO CHARGE
•Donations Appreciated•

CALL 674-6483-5729
FOR MORE INFORMATION
MINI-BUS PURCHASED BY SHERIDAN COUNTY COMMISSIONERS FOR SENIOR CITIZENS



A LEGACY OF CARING

Caring for Sheridan County Seniors...

has been part of the fabric of our community for more than 50 years. Beginning in 1972, a group of local leaders and volunteers recognized a growing need among Sheridan County's senior population. Together, they formed the Senior Citizen's Council, laying the foundation for what would eventually become The Hub on Smith.

In December 1973, the organization officially opened its doors with one essential service: transportation. A single minibus helped older adults get to medical appointments, grocery stores, and community activities, helping seniors remain independent and continue aging at home.

Over the next five decades, that original vision expanded into a broad network of services designed to help older adults age safely and with dignity in Sheridan County. Today, programming includes home-delivered meals, congregate meals at six locations throughout the county, public transportation, caregiver support, dementia education, wellness activities, in-home services and skilled nursing, adult day care, and

opportunities for social connection. Together, these services now touch the lives of more than 3,300 seniors each year and the need continues to grow.

In 2023, approximately 8,909 residents over the age of 60 called Sheridan County home, representing more than one-quarter of the county's population.

As the community looks toward the future, Sheridan County voters will consider a ballot proposition at the primary election on August 18, 2026, regarding the possible creation of a Senior Citizen Service District. The proposed district would establish a local funding resource dedicated to supporting senior services throughout the county and we want to make sure you understand what it is and why it is appearing on the ballot.

Understanding A Senior District

A Senior Citizen Service District is a legal entity authorized under Wyoming law to provide funding for senior services and programs. Similar districts already

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(307) 672 - 2240

THEHUBSHERIDAN.ORG

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Senior Citizens Council BOARD OF DIRECTORS

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SECRETARY

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Kelly Lieb

Mike McCafferty

Patrick Schilling

Marcy Schmaus



DUSTIN STEPHENS
EXECUTIVE DIRECTOR

“More Than a Building”

Recently, as we celebrated volunteers and we also came together as staff, I was reminded that The Hub is so much more than a building. It is people. It is service. It is compassion. It is a community that continues to show up for one another.

At The Hub, it can be easy to talk about programs, services, schedules, and all the moving pieces that make this place run. Those things matter, of course, but what matters most is the heart behind them. At its core, The Hub is about people. It is about neighbors serving neighbors, people giving their time and energy, and a community choosing again and again to care for one another in meaningful ways.

During those times together, we had the opportunity to celebrate our volunteers and also gather together for an all-staff meeting. Both moments were meaningful, but one in particular stayed with me. As one volunteer was recognized by name for his service to The Hub, he had tears rolling down his face. It was a simple but powerful reminder that what happens here is deeply personal. Service matters. Being seen matters. Belonging matters.

That moment captured something important about this community. People care about The Hub. They care about what is happening here, and they care about the people we serve. That kind of support cannot be manufactured. It comes from years of shared purpose, sacrifice, generosity, and genuine compassion. It is seen in the quiet faithfulness of volunteers, the dedication of staff, and the continued support of people who believe in this mission.

We are grateful for every volunteer, every staff member, every supporter, and every person who believes in this work. What happens at The Hub is not just about keeping a building open or providing a service. It is about showing up for one another. It is about dignity, care, and community.

Thank you for continuing to be part of that. In a time when so much can feel disconnected, The Hub continues to be a place where people are seen, valued, and cared for. As we move forward this year and next, we do so thankful for where we have been, mindful of the work ahead, and encouraged by the people who make The Hub what it is.

A handwritten signature in black ink, appearing to read 'Dustin Stephens'. The signature is fluid and stylized, with a large loop at the end.

DUSTIN STEPHENS

Understanding A Senior District Cont...

exist in other parts of Wyoming, with 13 senior citizen service districts currently operating in counties across the state, including a countywide district in Johnson County.

Sheridan County voters will consider a ballot proposition on August 18, 2026, regarding the establishment of a Senior Citizen Service District. The proposed district would create a dedicated local funding source to help support senior programs and services countywide.

If approved by voters, the district would be governed by an elected five-member volunteer Board of Trustees responsible for policies, organization, oversight, and determining the actual levy amount. While voters are being asked to authorize a maximum property tax levy of up to two mills, the board could choose to levy less than the amount authorized.

Importantly, the district would not exist in perpetuity. The levy must be submitted to Sheridan County voters every four years for renewal, and trustees must stand for re-election at the end of their terms.

For property owners, one mill would add approximately \$9.50 annually for every \$100,000 of assessed property valuation. For a home valued at \$400,000, a one mill levy would amount to approximately \$38 per year, or about \$3.17 per month.

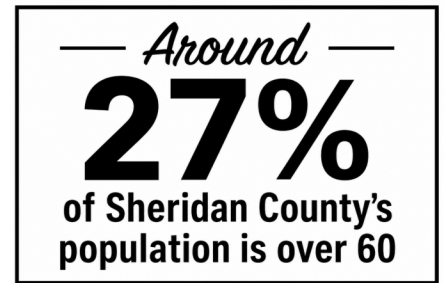
If approved, the levy would not take effect until July 2027, with any related property tax impact first payable in the fall of 2027. Countywide, a single mill levy would generate approximately \$623,000 for senior programs.

Why Is This Being Proposed?

For generations, Sheridan County has demonstrated a commitment to caring for older adults and recognizing their value within the community. As the county's population continues to age, conversations about how to sustain and strengthen these services will remain an important part of the community's future. Sheridan County's older adult population continues to grow, and the demand for services is increasing.

While the Hub is supported by federal, state and local funding – as well as generous donations from foundations,

businesses and individuals – these sources are no longer enough to meet increasing needs and costs. The proposed senior district is one long-term approach to supporting essential services for seniors in Sheridan County.



How Would the District Be Funded?

Voters would decide whether to establish the district and authorize a maximum levy of up to two mills on taxable property within Sheridan County. The elected Board of Trustees would determine the actual levy amount, which could be less than the maximum authorized. The levy would require voter renewal every four years and Trustees would be required to run for re-election at the end of their terms.

What Services Are Supported?

Funds generated through the district would remain local and would support senior-focused programs and services within Sheridan County, including meals, transportation, in-home assistance, dementia education, caregiver support, wellness programming, and senior center operations. Funding opportunities would not be limited to The Hub on Smith but would be available to all qualifying senior-focused programs and services throughout Sheridan County.

How Do I Vote?

Vote in the Sheridan County Primary Election on August 18, 2026. This initiative will appear only on the primary election ballot. If approved, members of the Board of Trustees would be elected during the General Election in November 2026. The initial term of office for three trustees will be two years while the remaining two trustees will serve four years. Trustees must stand for retention before Sheridan County voters, every four years thereafter.

Where Can I Learn More?

Visit the website

www.sheridancountyseniordistrict.org

CAREGIVER Support



You care for them.
We're here for YOU.

 **Emily Gorham - Keith**
 **(307) 672 - 2240 ext. 122**
 egorham-keith@thehubsheridan.org

≡ SUPPORT GROUPS ≡

Sheridan Caregiver Support Group Meeting
Mondays, Weekly
 9:30 am - 11:00 am
 The Hub on Smith Community Room

Sheridan Older Relative Caregivers Meeting
3rd Tuesday, Monthly
 6:00 pm - 7:30 pm
 The Hub on Smith Dining Room
Family Style Dinner and Child Care

Dayton Access Care Coordination
4th Tuesday, Monthly
 10:00 am - 11:15 am
 Dayton Community Center

Dayton Family Caregiver Support Group
Tuesdays, Weekly
 1:00 pm - 2:30 pm
 Dayton Community Center



Join us for a practical presentation on staying healthy, energized, and hydrated this summer!

Did you know that adults over 65 often become dehydrated before they even feel thirsty? During warmer months, even mild dehydration can lead to fatigue, dizziness, confusion, headaches, constipation, and increased fall risk.

Come learn simple, realistic ways to stay hydrated and feel your best this summer, including:

- How much water your body actually needs
- Foods that naturally boost hydration
- Warning signs of dehydration
- How medications can affect fluid balance
- Easy daily habits that improve energy and wellness
- Smart hydration tips for hot weather and travel

Plus practical tips you can start using immediately at home

Presentation by **Georgia Boley, MS, RD, CFSP**
 Owner of Tailored Nutrition LLC



Hub Conference Room
Wednesday, August 19
10:00 am - 11:00 am

Stay cool, stay energized, and learn how better hydration supports healthy aging!

JUNE 2026

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|-----------|--|---|--|---|--|-----------|
| | 1 Beef and Noodles Steamed Beets Wheat Roll Grapes | 2 Open-Faced Hot Turkey Sandwich Mashed Potatoes Turkey Gravy Corn Mandarin Oranges | 3 BBQ Pork Sandwich Macaroni Salad Vegetable Medley Baked Apples | 4 Ham & Mac Cheese Bake Scandinavian Vegetable Blend Chocolate Zucchini Cake | 5 Spaghetti & Meat Sauce Broccoli Garlic Bread Peaches | 6 |
| 7 | 8 Sloppy Joe Potato Chips Peas and Carrots Applesauce | 9 Pot Roast Potatoes & Vegetables Beef Gravy Wheat Roll Carrot Cake | 10 Country Chicken Fritter Mashed Potatoes Country Gravy Green Beans Peanut Butter Cookie* | 11 Taco Salad Spanish Rice Mexi-corn Cinnamon Pears | 12 Chicken Cordon Bleu Bake Sunshine Carrots Garden Salad Mandarin Oranges | 13 |
| 14 | 15 Chicken Lo Mein Vegetable Medley Mini Egg Roll Pears Fortune Cookie | 16 Seafood Salad Sandwich Broccoli-Craisin Salad Baby Carrots Chocolate Chip Cookie | 17 Beef Stroganoff Egg Noodles Green Beans Wheat Roll Mango | 18 Oven Baked Chicken Potato Salad Peas & Carrots Banana | 19 Baked Ham Cheesy Broccoli Rice Vegetable Medley Ambrosia | 20 |
| 21 | 22 Bratwurst Grilled Onions Sunchips Pasta Salad Peaches and Cream | 23 Pork Roast Mashed Potatoes Pork Gravy Green Beans Grapes | 24 Chicken Fajitas Refried Beans Broccoli Cantaloupe | 25 Meatloaf Stewed Tomatoes Mashed Potatoes Beef Gravy Peas and Carrots Vanilla Pudding | 26 Chicken Bacon Ranch Salad Sandwich Potato Chips Pea and Cheese Salad Tropical Fruit Cocktail | 27 |
| 28 | 29 Baked Tilapia Pesto Quinoa Mixed Vegetables Apple Slices | 30 Chicken Broccoli Alfredo Sunshine Carrots Garlic Bread Cinnamon Pears | |  <p>ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts</p> | | |

JULY 2026

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|---|--|---|---|-----------|
| ITEMS SUBJECT TO CHANGE * Indicates Item Contains Nuts  | | | 1 Salisbury Steak Mashed Potatoes Beef Gravy Green Beans Amandine* Grapes | 2 BBQ Pork Ribs Dr. Pepper Baked Beans Cascade Vegetables Cinnamon Pears | 3 Grilled ¼ lb. Hot Dog Potato Chips Coleslaw Peaches | 4 |
| 5 | 6 Chicken Strips Mashed Potatoes Country Gravy Cascade Vegetables Fruit Bar | 7 Fish 'N Chips Tartar Sauce Green Beans Chocolate Zucchini Cake | 8 Chicken Marsala over Pasta French Bread Veg Medley Cantaloupe | 9 Rodeo Rib-wich Sidewinder fries Coleslaw Sugar Cookie | 10 Beef Enchilada Bake Refried Beans Corn & Peppers Banana | 11 |
| 12 | 13 Pork Roast Mashed Potatoes Pork Gravy Cascade Vegetables Sliced Apples | 14 Sloppy Joes Roasted Red Potatoes Peas Oatmeal Raisin Cookie | 15 Cheesy Kielbasa Pasta Broccoli Wheat Roll Pears | 16 Baked Chicken Thighs Mashed Sweet Potatoes Green Beans Chocolate Zucchini Cake | 17 Cheeseburger Potato Wedges Normandy Vegetables Grapes | 18 |
| 19 | 20 Tuna Salad Sandwich Sunchips Pea salad Chocolate Pudding | 21 Chef Salad Pickled Beets Honeydew Melon Bran Muffin | 22 Open-Faced Hot Roast Beef Sandwich Mashed Potatoes Beef Gravy Broccoli Banana Snack Cake | 23 Country Chicken Fritter Mashed Potatoes Country Gravy Brussels Sprouts Watermelon | 24 Meatloaf Stewed Tomatoes Baked Potato Cascade Vegetables Peanut Butter Cookie* | 25 |
| 26 | 27 Beef Stroganoff Egg Noodles Mixed Vegetables Wheat Roll Fruit | 28 Chicken Tacos Spanish Rice Refried Beans Mango | 29 BBQ Pork on a Bun Roasted Red Potato Wedges Roasted Zucchini Peaches and Cream | 30 Spaghetti and Meat Sauce Broccoli Garlic Bread Chocolate Pudding | 31 Western Bean Bake Corn Muffin Green Beans Oatmeal Raisin Cookie | |

AUGUST 2026

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|-----|---|---|--|--|---|-----|
| 2 | 3 Biscuit and Sausage Gravy Scrambled Eggs Roasted Zucchini Bran Muffin Banana | 4 Chicken Teriyaki Steamed Rice Mini Vegetable Spring Roll Broccoli Mandarin Oranges | 5 Pot Roast Potatoes & Vegetables Garden Salad Wheat Roll Grapes | 6 ¼ Pound Chili Dog Sunchips Coleslaw Fig Newtons | 7 Turkey Tetrazzini Wheat Roll Normandy Vegetables Chocolate Zucchini Cake | 8 |
| 9 | 10 Chicken Alfredo Wheat Roll Broccoli Garden Salad Vanilla Pudding | 11 Chicken and Sausage Jambalaya Cascade Vegetables Banana Bar | 12 Cheeseburger Potato Wedges Cucumber Salad Carrots Chocolate Chip Cookie | 13 Chicken Taco Salad Mild Black Bean and Corn Salsa Mexican Rice Mango | 14 Meatloaf Stewed Tomatoes Roasted Red Potatoes Green Beans Wheat Roll Fruit Jello | 15 |
| 16 | 17 Beef Taco Bake Salsa & Sour Cream Refried Beans Corn & Peppers Apple Slices | 18 Chicken Lo Mein Mini Egg Roll Asian Blend Veg Mandarin Oranges Fortune Cookie | 19 BBQ Pork Sandwich Baked Beans Carrots Banana Bar | 20 Chicken Pot Pie Biscuit Cauliflower Garden Salad Oatmeal Raisin Cookie | 21 Spaghetti and Meat Sauce Caesar Salad Green Beans Garlic Bread Tropical Fruit | 22 |
| 23 | 24 Fish & Chips Coleslaw Peas & Carrots Blueberry Muffin | 25 Sloppy Joes Roasted Potato Wedges Cascade Vegetables Grapes | 26 Salisbury Steak Mashed Potatoes w/ Gravy Chocolate Zucchini Cake | 27 Pot Roast Potatoes and Vegetables Garden Salad | 28 White Chicken Chili Oyster Crackers Wheat Roll Roasted Yellow Squash | |

ITEMS SUBJECT TO CHANGE

* Indicates Item Contains Nuts



Aging Well Opportunities

The joy of summer is here, and the Fun & Wellness team has a fresh lineup of activities to keep your brain active, your body moving and to keep you connected.

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 to attend.

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

Walking Club at the Y

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

Tue, Thur | 8:00 am - 10:00 am | YMCA Gym 2



FITNESS

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 | June - July | 8:00 am - 8:30 am

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 | 8:30am - 9:30 am | 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 | Zoom Call

READY TO VOLUNTEER?

Outdoor Recreation Leader

Dining Room Helper

Home Delivered Meals Drivers

Decorators and More!

For more information, contact

Taisshia Burt

tburt@thehubsheridan.org

(307) 675 - 4965

Aging Well Opportunities



OUTDOOR RECREATION

SUMMER HIKING

Join the Hub on Smith and Steve Stresky for outdoor, summer hikes!



Based on conditions, destinations will include:

Tongue River Canyon, Clear Creek, and Penrose

Bring appropriate clothing, plenty of water, and a lunch or snack to enjoy on the trail. Outings may be canceled or rescheduled if conditions aren't favorable.

Registration is Required

Sign up online at www.thehubsheridan.org, call Kristi at (307) 672 - 2240 x 153

Once registered, each trip will be confirmed, and you'll receive all trip details a few days before each adventure.

Select Thursdays

June 11 & 25 | July 23 | August 13 & 27

We'll meet at the Hub at 9:30 am to arrange carpooling and will return no later than 4:00 pm



CREATIVE CORNER

NEW Model Car Clinic

Calling all model car enthusiasts. The VA Employee Association will be sponsoring their first ever model car show for all ages, during the **Annual Car Show on June 27th.**

In collaboration with the VA the Hub will be hosting a 3 day clinic for all ages to build their new creations for the Model Car Show. We need mentors, we need builders of all ages, and we need model car kits. This is a great opportunity for grandparents and grandkids to do something fun together this summer and make some memories!

**Tuesdays | June 9, 16, & 23 | 1:00 pm - 3:00 pm
Art Studio**

If interested, call Kristi at (307) 672 - 2240 x 153

NEW Culinary Creations

Join us this summer for hands-on experience with making fun, easy recipes that are sure to please. Classes taught by Daniell Bailey from the Cottonwood Kitchen.



Classes are limited to registered Hub patrons only
Class Registration is Required

Sign up online at www.thehubsheridan.org, call Kristi Beyer at (307) 672 - 2240 x 153 or email kbeyer@thehubsheridan.org

Registration deadline is the Friday prior to each class.
Fee: \$10 per class paid the day of class

**CLASS 1: Independence Day
No Bake Cheesecake**

Tuesday | June 30 | 1:00 pm | Art Studio

CLASS 2: Salsa

Tuesday | August 25 | 1:00 pm | Art Studio

Aging Well Opportunities



CREATIVE CORNER



NEW Pinecone Floral Arrangements

Do you want a beautiful floral arrangement that you don't have to water, doesn't wilt and will last all year-round? Come join this Creative Aging class which will utilize several different techniques and mediums to spruce up your home.

This 8 week class will include learning how to transform an inexpensive glass vase into a work of art. Next you will be guided in how to make simple pinecones into stunning flowers. And finally you will learn how to take these new creations to design your own arrangement that can then be used for any season.

Step 1: Acrylic Paint Pour

Tuesday | July 7 & 14 | 1:00 pm | Art Studio

Step 2: Pine Cone Flowers

Tuesdays | July 21 - Aug 11 | 1:00 pm | Art Studio

Step 3: Floral Arrangement

Tuesday | Aug 18 | 1:00 pm | Art Studio

Step 4: Show and Tell

Tuesday | Aug 25 | 10:30 - 11:30 am | Lobby

Registration is Required

Sign up online at www.thehubsheridan.org, call Kristi at (307) 672 - 2240 x 153 or email kbeyer@thehubsheridan.org.

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 (c) or (307) 674 - 0444 (w)

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

\$10 fee per class paid to instructor

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



VOLUNTARY CONTRIBUTIONS ARE WELCOME!

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

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.

For more info, contact Barb at (307) 763 - 1507

Fridays | Community Room

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

1st Wednesday, Monthly | Community Room

- 3:30 pm - 5:30 pm

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 / 10:00 am - 11:00 am
Methodist Church | \$5 fee per class paid to instructor

Woodcarvers Group

Carve together. All levels welcome! Members of the group share how-to's and tools. Call Kristi for door code to attend: (307) 672 - 2240 ext. 153.

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

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

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

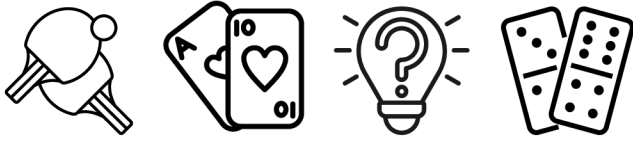
The Yarn Shop

A fun give-and-get opportunity for crocheters and knitters alike! Browse or donate yarn in the Art Studio cubbies.

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

Aging Well Opportunities

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

Team Trivia

Thursdays | 12:30 pm - 12:45 pm | Dining 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 | June 2, July 7, August 4
10:30 am | Dining Room

Advocacy and Resource Center Presentation "When Caregiving Becomes Harm: Understanding the Fine Line Between Stress and Abuse"

This presentation explores how caregiver stress can escalate into harmful behaviors, examining the fine line between burnout and elder abuse while highlighting warning signs and prevention strategies.

Tuesday, August 18 | 10:00 am | Dining Room

JUN | JUL | AUG



LEARNING

NEW "A Soldier's Voice: the Civil War Diaries of John Newton Prentice" Presented by: Doyl Fritz

Sponsored in collaboration with the
National Society of Colonial Dames of WY

John N. Prentice served in the 57th Illinois Volunteer Infantry Regiment from his enrollment in late 1861 through the war's end in 1865, writing in his diary nearly every day. The 57th played a distinguished role in the Western Theater of the Civil War and fought in major campaigns, including Battle of Fort Donelson, Battle of Shiloh, occupation of Corinth, the Atlanta Campaign, and Sherman's March to the Sea. His diaries give us a private's viewpoint of combat, life in camp, waiting and wanting news and mail, hardship and illness, death and sickness in the ranks, and importance of faith and family.

Wednesday, June 3 | 10:00 am | Dining 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, Vehicle, and to My Bank and Investment Accounts"

What happens when you make your children co-owners or beneficiaries of your home, vehicle, or financial accounts? What if you pass away with or without a Will? What is Probate? How does a Revocable Living Trust avoid Probate? Join estate planning attorney, Christopher Sherwood, of Yonkee & Toner, LLP to learn how common estate planning decisions can help – or unintentionally impact – your assets and beneficiaries. Get practical guidance and answers to your questions.

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

Aging Well Opportunities



LEARNING

NEW Internet Safety for Seniors

A representative from Range will discuss common internet safety issues seniors may encounter and share practical tips on how to protect themselves while using the internet. Topics will include recognizing online scams, safeguarding personal information, and staying safe while browsing, emailing, and using social media.

Complimentary Lunch sponsored by Range for attendees.

Wednesday, June 24 | 11:00 am - 11:30 am

Community Room



RANGE

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 Wednesday, Monthly | Community Room

Nutrition Education:

“Hydration and Electrolytes”

Join dietician Georgia Boley to learn why hydration and electrolyte balance become increasingly important as we age and especially during the summer months. This session will cover simple hydration tips, signs of dehydration, and easy ways to make your own low-sugar electrolyte drinks.

Wednesday, August 19 | 10:00 am - 11:00am

Conference Room

Hub Day at the Museum of the Bighorns

A special guided tour will be provided by Director Carrie Edinger of the two current exhibits: *Transition of the Landscape* and *The Voices and Votes: Democracy in American*

Museum admission is FREE through August 31, 2026 thanks to the generosity of the Homer and Mildred Scott Foundation.

Monday, June 8 | 1:00 pm | Meet at the Museum

71 N Main St., Sheridan (Old Woolworth Building)

Main floor access - no stairs or elevator needed



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.

UPCOMING SUMMER WALKING TOURS

Rosebud Battlefield Commemorative Events

Join us for a full day of commemorative events at Rosebud Battlefield presented by Montana Fish, Wildlife, and Parks. The day includes historical programming, a reenactment of *The Girl Who Saved Her Brother* by the Northern Cheyenne, and a community meal. Snacks will be available throughout the day.

**Wednesday, June 17 | Meet at The Hub
8:30 am – 8:45 am to arrange carpooling**

Ucross Foundation Ranch Tour

Join us for a special tour of the Ucross Foundation headquarters and ranch in southeast Sheridan County. Participants will explore the Historic Big Red Ranch House, stroll through the artist residency studios, visit the confluence of three creeks where historic teepee circles remain, and conclude with a visit to the Ucross Art Gallery.

**Saturday, July 11 | 1:00 PM | Meet at The Hub at
12:00 pm to arrange carpooling**

Tour of Fort Mackenzie Historic District

Explore the rich history and architecture of Fort Mackenzie during this guided tour led by VA Historian Thomas Hatch and VA Patient Advocate Connie Trentacosti. Originally established as a military outpost and later transformed into a veterans hospital, Fort Mackenzie has served as a cornerstone of the Sheridan community for more than 125 years.

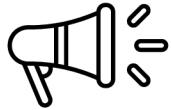
**Saturday, August 29 | 10:00 am – 12:00 pm | Meet at
the VA : Parking Lot 7, off of Air Force Lane,
in front of Building 61 (the auditorium)**



The Explore History program is generously funded by the Next50 Initiative

CENTER STAGE

Aging Well Opportunities



CELEBRATIONS

NEW Dinner and a Show

"Start Spreading the News!" The Hub on Smith will be reviving live performances during lunch with a bit of Team Trivia in the mix. This is open to the community, so please bring a friend.

Thursdays | 11:30 am – 1:00 pm | Dining Room

NEW Rodeo Week Events

Boot Flick Off

Get your game on to compete in the Hub's 1st annual Boot Flick Off. Competition will be fierce, so get practicing. Prizes will be awarded to the top 3 competitors.

Tuesday, July 7 | 11:00 am | Dining Room

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 8 | 12:00 pm – 1:00 pm | Dining Room

Back Yard Bar-B-Q & Team Trivia

Dress Up in your best western gear and come enjoy a Back Yard Bar-B-Q (featuring our chef's world famous Rodeo Ribwich) and after lunch stay for some Team Trivia rodeo style at 12:15pm. Don't miss the fun!

Thursday, July 9 | 11:30 am – 1:00 pm | Dining Room

Parade Day

Our grand Sheridan WYO Parade is the most marvelous "hometown parade" ever! Streamed live, thanks to Sheridan Media. Come beat the heat & join us! [Parking Passes Available at the Front Desk]

Friday, July 10 | 10:00 am | Dining Room



VOLUNTARY CONTRIBUTIONS ARE WELCOME!

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



SERVICES

Alterations by Marcine

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

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

Tech Training with The Sheridan Press

The Sheridan Press staff will be on site at The Hub 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.

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

For questions or to schedule a one-on-one training, contact Ashleigh Snoozy at 307-675-9968 or email ashleigh.snoozy@thesheridanpress.com

Ebia Hearing & Sound, LLC

Free Hearing Aid Cleaning & Consultation

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

Host Your Gathering at The Hub

Looking for an awesome meeting space? The Hub on Smith has rooms to rent after hours and on weekends. Examples of rental rooms are the Community Room, Art Studio, Fitness Room, and Dining Room. Rates vary depending on the room and time. **Contact Kristi, Hub Community Life Coordinator, at (307) 672 - 2240 x 153 for more information or to reserve your space.**



(307) 675-1978



A program of
the Hub on Smith



Help at Home

Helping older adults live safely and independently at home — *longer.*



Meal prep & grocery shopping



Light housekeeping & laundry



Personal care & bathing



Skilled nursing services

Gifts through April 30, 2026

Susan Bigelow
Leo & Bonita Boespflug
Trish Coffeen
Sheila Flynn
Betty & Dwight French
Bob Giurgevich
Mark & Tamra Hendrickson
MariLynn & Larry Herman
Molly Jones
Andrea Kramer
Evie Likness
Anna Lou Lucas
Greg Luhman
Denis Meanor
P.A. Moore
Judith Pearson
Ron & Patricia Prestfeldt
Chris Roberts
Marcyes Schmaus
Steve Sommers
Connie Street
Jim & Vi Wilson
Bruce Burns
Patricia Davis
Gloria Dierking
Diane Hegy
Jeannie & Don Julian
Louise Knievel
Dennis Reher
Kress & Kent Sherwood
Alva & Barbara Shoop
Roger & Fachon Wilson

Xcel Energy Foundation
Grateful Hearts Foundation
The Vernon S. and Rowena W. Griffith Foundation
The Marna M. Kuehne Foundation
Swanson Faily Donor Advised Fund
Sheridan Elks Lodge #520
Rotary Club of Sheridan
Robert & Eleanor Demple Family Foundation
National Christian Foundation
NARFE Chapter 452
Hilary & Ralph Goodwin Foundation
First Congregational Church
Class of 1950 Reunion Committee

Every Day Sponsors

Gloria Dierking
Ryan & Ashley Koltiska
Merrylue Martin
Rob & Theresa Miller
Casey & Sue Osborn
Michael & Natalie Trampe
Daphne & Terry Weitzel

Holiday Spirit Gifts

through April 30, 2026

Marion Cato
Jack & Nancy Elliott
Bob Giurgevich
Janet & Roger Haight
LuAnn Heward
Richard & Cecilia Kuzara
George & Susan Lunbeck
Marilyn & Sandy Michelena
Gary & Susan Miller
Kay Wallick & DJ Purcell
Dorothy & Melvin Quick
June Simon
Kathleen & Bill Stambaugh
Bryn Stewart
Jon Updike

The Bank of Sheridan
Bino's Wholesale, LLC
Harker Mellinger CPAs, LLC
Trufinish Concrete

Memorial & Tribute Gifts

through April 30, 2026

IN MEMORY OF DIANA GILBERT
Janet Burtis
Dorothy Johnson

IN MEMORY OF DON KNieVEL
Mary Jo Dinslage
Doug & Mary Emme
Dorothy Johnson
Pete & Erin Kilbride
Fred Knievel
Lee Anne & Michael Mathis
Sharon & Harlan Rasmussen
Ginny Wiesen
Prairie Dog Community Church

IN MEMORY OF SHARON LUCAS
Janice Marie & Thomas Rath
Doug & Mary Emme

IN MEMORY OF "MOM"
Judy Ann Miller

IM MEMORY OF CORA MOSER
Kirk & Carole Petty

IN MEMORY OF HANNAH & JOHN SHANNON
John & Judith Pradere

IN MEMORY OF TOM SMITH
Doug & Marcy Goodwin

IN MEMORY OF BOB ROLSTON
Skip & Kathy Israel

IN MEMORY OF BOB THUESON
Joe & Christine Skatula

BINGO Sponsors

Mary & Lawrence Barbula
Janet Burtis
Peg Cullen
Coralee Davis
Sherry Mercer
Stella & Clarence Montano
Pat & Bruce Tomsovic
Pamela & Nolan Wharton
Dining Room Patrons

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 x128



Healthy U Workshop Diabetes Self-Management

This program provides participants with self-management tools to manage or prevent diabetes.

Activities include:

-  Preventing or delaying complications
-  Foot care
-  Monitoring
-  Dealing with stress



Adults with diabetes, at risk of developing diabetes, or supports someone who has are invited to attend.

Pre Registration is Required

June 10, 17, 24, July 1, 8, 15 from 1:30 - 4:00 pm
Hub Conference Room | 211 Smith Street

To register, contact Sandy Reed: call (307) 675 - 4980
or email sreed@thehubsheridan.org



DEMENTIA FRIENDLY WORKSHOPS

Facilitated by Heather Comstock, MSc in Dementia Studies

EARLY SUPPORT MAKES ALL THE DIFFERENCE

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



dementia friendly
WYOMING

Dementia Friendly Wyoming hosts interactive workshops on the second Wednesday of each month in the Community Room at the HUB on Smith. Facilitated by Heather Comstock, MSc in Dementia Studies, these sessions are open to anyone whose life is touched by dementia and are grounded in current research and community perspectives. The workshops focus on understanding what is happening, finding practical ways forward, and connecting with others navigating similar experiences. Heather is also available between sessions for conversational coaching and support with questions as they come up.

Beyond the "Birds & The Bees: The conversation we ALL need, before we need it."

Wednesday, June 10th, 2026 | 10:00 am - 11:30 am | Hub Community Room

Join Jeannie Julian, a Hub Board Member and seasoned RN, for a stress-free workshop on Advanced Care Planning where we will cover: How to start the conversation with your loved ones, strategies to choose your Health Care Proxy with confidence, and build a roadmap to share with your family and medical team. Whether you complete your plan today or just start the journey, Jeannie will be available for individual support after the class for as long as you need.

Parkinson's at Home: Recognizing It, Understanding It, Strategies for Ongoing Support

Wednesday, July 8th, 2026 | 10:00 am - 11:30 am | Hub Community Room

Parkinson's affects more families than many of us realize, and the early signs can be easy to miss. This workshop is for those supporting a person living with Parkinson's at home. Together, we will look at three things: how to recognize the signs and symptoms, what Parkinson's is as a lived experience, and practical strategies you can use to assist, adjust, and adapt as the condition changes over time.

Why the Words We Use Will Matter: Respectful Language When Discussing Dementia

Wednesday, August 12th, 2026 | 10:00 am - 11:30 am | Hub Community Room

If you are supporting someone living with dementia, the words you use every day matter more than you might think. This workshop explores three questions together: what do we mean by language in dementia, why does it matter, and how can we speak in ways that are respectful, productive, and proactive? Come away with practical ideas you can use right away, and a fresh perspective on something you are already doing every day.



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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

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Welcome Our New Day Break Supervisor!

Please join us in welcoming **Ana Gale**, the new Supervisor of Day Break Adult Day Services at The Hub on Smith!



Day Break provides a safe, supportive, and engaging environment for older adults while also offering meaningful support and respite for caregivers and families.

Through social connection, activities, personalized care, and daily structure, the program helps participants maintain independence and quality of life.

If you or someone you love could benefit from Day Break services, we invite you to learn more or schedule a visit.

Day Break (307) 672-2240 ext 135