

center stage

Spring 2024
MAR • APR • MAY



Powered by Connection

The Story of Dwight French

Down at the Hub on Smith several times a week, where people gather Monday through Friday to have a meal, attend a class, listen to music, or get information about community resources, there's a man who embodies the essence of connection.

Meet Dwight French, a pillar of wisdom and warmth, whose journey through life exemplifies the profound impact of staying connected.

Dwight's story is one of the power of relationships, how they endure the test of time and how they bring

joy to everyday life. In 1969, he and his beloved wife, Betty, made the pivotal decision to relocate from Colorado to Sheridan, a town they would lovingly call home for decades. High school sweethearts turned lifelong partners, their bond was forged not only in love but in shared friendships and love of their community.

Betty, a skilled cosmetologist, brought beauty to the lives of many in Sheridan, while Dwight dedicated 26 years of his career as a Vocational Education

See full article on PG 4

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Senior Citizens Council BOARD OF DIRECTORS

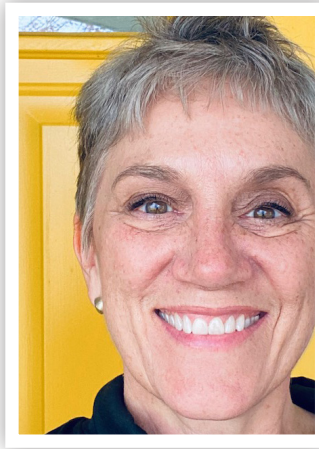
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CARMEN RIDEOUT,
Executive Director

A note from the Executive Director

Dear Friends of The Hub on Smith,
As we embrace the theme of the Older Americans Month 2024, “Powered By Connection,” it’s heartening to reflect on the countless ways in which connections enrich our lives. The Hub on Smith stands as a vibrant testament to this philosophy, offering a diverse array of opportunities for our people to foster meaningful connections.

At The Hub, we believe that connections go beyond the physical, extending into the emotional and social realms. It’s about creating a community where each person feels seen, heard, and valued. Our programs, events, and activities are thoughtfully designed to cater to a wide spectrum of interests, ensuring that everyone can find their niche and form lasting connections.

Allow me to share a personal story that underscores the impact of connections. My father, who was dynamic in his work and family but reserved out in the world, found a source of unexpected joy in the connections he made in the most ordinary place—the grocery store. His daily visits to Piggy Wiggly, to gather ingredients for dinner became a ritual, not just for the essentials but for the interactions he looked forward to.

In Piggy Wiggly, my father built connections with the staff across different departments. He’d exchange banter with the deli counter person, chat with the butcher, and even knew the wine specialist. Strangers transformed into familiar faces, and brief exchanges turned into heartfelt conversations. The simple act of going to the store became a highlight of his day. He always seemed to connect so easily with others, one-on-one, making people feel seen in the process, and these simple interactions were an undoubtable extension of that. Of course these filled him up, but I think it would be fair to assume he also brought something to those who he connected with. It is a reminder that connections can be found in the most ordinary places and that every interaction, no matter how small, contributes to both our well-being and those with whom we connect.



piggy wiggly

Wishing you all joy, health, and vibrant connections,

A handwritten signature in blue ink, appearing to read 'Carmen Rideout'. The signature is fluid and cursive, written in a professional but personal style.

Insights on Connection from a Renaissance Man

In a world often extolling the virtues of extroversion and social prowess, introversion has long been misunderstood and sometimes unfairly characterized. However, as we delve into the topic of connection during Older Americans Month this May, it's crucial to recognize that introverts, like 65-year-old Bruce Scigliano, bring a unique perspective to the table, one that enriches our understanding of what it means to be connected.

For decades, introversion was stigmatized, labeled as shyness or antisocial behavior. Introverts' reluctance to engage in constant social activities was interpreted as a character flaw. However, this old, stereotyped view fails to capture the true essence of introversion.

Introversion isn't about being a hermit or avoiding social interaction altogether. Instead, it's about where one draws energy from and how they process information and stimuli. Unlike extroverts who thrive in bustling social environments, introverts are energized in quieter settings, needing time alone to recharge and reflect. It's not about a deficiency in social skills but rather a preference for deeper, meaningful connections over surface-level interactions.

Bruce Scigliano embodies this nuanced understanding of introversion. After retiring from a 30-year career as a game warden for the Wyoming Department of Game and Fish, he embarked on a new role as a Wyoming Recreation Pathfinder. It allows him to connect in a variety of ways, often in one-on-one settings, with those who seek his wealth of knowledge about Wyoming Recreation—from speaking on the phone with someone, to being stumbled upon by hikers when he himself is on the trail, to teaching



Bruce Scigliano hikes in Utah.

classes, to hosting and producing a podcast centered around outdoor recreation education. Despite his love for solitude, Bruce is far from disconnected. In fact, he has embraced connection in ways that resonate with and honor his nature.

A true Renaissance man and proud introvert, Bruce has found a niche in radio theater. In his old-timey radio show podcast called Dawson's Den (his personal podcast), he invites listeners to, "drop into the den for conversations with Will Dawson; tall tales, wildlife stories and a whole lot of fun!" He writes his own scripts, which include cleverly word-wrangled comedic commercials for the shows, delivering them in his sing-songy yet perfect-for-radio voice. He does the sound effects, and shares intimate stories from his life. For Bruce, radio theater isn't just a creative outlet—it's a means of connection. It allows him to engage with his audience on an intimate level, forging connections that transcend physical proximity. As a listener,

you feel transported to a time long passed and as if Will Dawson, the character Bruce plays, is talking to only you.

Bruce challenges the narrative that equates connection solely with social interaction. While he acknowledges the importance of social engagement, he emphasizes that connection encompasses a much broader spectrum. For introverts like himself, connection can manifest in moments of solitude and introspection. In the quiet spaces of contemplation, introverts find richness and meaning, forming deep connections with their own thoughts and emotions.

As we celebrate Older Americans Month and explore the theme of being "Powered by Connection," let us not overlook the invaluable contributions of introverts like Bruce Scigliano. Their introspective nature enriches our understanding of connection, reminding us that true fulfillment comes not from the quantity of our interactions but from the depth of our connections, both with others and with ourselves. In a world that often prioritizes extroversion, Bruce reminds us that there is a broad diversity of human connectedness and there is much richness to be enjoyed from embracing one's own nature.

Discover Bruce Scigliano's podcasts on Spotify, Apple Podcasts, or by searching their names on Google!

Wyoming Pathway to Adventure:

"Outdoor adventure awaits in Wyoming! We'll visit some interesting places and meet some interesting folks along the way. And... we'll give you handy tips to handle our wide open spaces with confidence."

Dawson's Den:

"Drop into the den for conversations with Will Dawson, tall tales, wildlife stories and a whole lot of fun!"

....CONTINUED FROM COVER

Powered by Connection

..teacher at Sheridan High School. His influence extended far beyond the classroom, shaping the aspirations and dreams of many students who passed through his tutelage. Now as he approaches his 86th birthday, Dwight continues to exemplify the power of connection. A regular fixture at the local YMCA, he frequents the halls on Monday, Wednesday, and Friday mornings, not just for the exercise, but for the camaraderie that fills the air.

Friday mornings hold a special place in Dwight's heart. From 9:30 to 11am, he sets aside his routine to strum along with The Hub's Ukulele Group. It's not about skill; it's about the laughter and togetherness that fills the room as they make music together.

Dwight and Betty have lunch several times a week at The Hub. The kitchen staff sure to have a gluten free meal ready for Betty and a table of friends and new acquaintances awaiting their arrival. Yet, amidst the bustling activity, it's the simple gestures that make the most impact with Dwight. "One of my favorite things," he shares with a smile, "is when former students see me out and about and say, 'Mr. French, Mr. French!' They want to introduce me to their friends or their family. It just makes you feel good."

Dwight also finds joy in supporting Sheridan High School's wrestling team. As a former wrestling coach at SHS, his passion for the sport runs deep. Recently, he attended a meet where the son of a former student competed, bridging generations through the shared love of wrestling. Notably, Dwight also taught alongside the wrestler's grandmother, a testament to the enduring connections forged over decades in Sheridan.

In a world that often feels overwhelmingly busy and where small gestures and shared moments can sometimes be overlooked, it's crucial to remember that these simple acts are what often make us feel seen and valued. Dwight's story serves as a beautiful reminder that these gestures are often the ones that mean the most.

Volunteer of the Year

For over 20 years, Mike Rice has been volunteering at The Hub. In 2023, he contributed an impressive 1,026 hours of service.

Mike's work ethic is evident as he tackles various responsibilities, from washing kitchen towels and aprons to collecting trash and recyclables from our offices. He lends a hand in serving and clearing tables in the dining area, helps Fun & Wellness set up and put away chairs for exercise classes, and has the responsibility of calling out the much anticipated first bingo number on Fridays.

Mike's presence brings a comforting regularity to our daily routines as he diligently completes his tasks and engages with people. His familiar greeting to all he encounters of "Hi, how are you?" is endearingly predictable.

Mike's dedication exemplifies the spirit of generosity and community that defines our organization, and we are so grateful for his ongoing contributions!

VOLUNTEER OPPORTUNITIES

Home Delivered Meals
Snow Patrol
Trailblazers
Café

If you are interested in volunteering, contact:
Marcie Morrow, Volunteer Coordinator
mmorrow@thehubsheridan.org
(307)672-2240 ext. 134

For more information, please visit:
thehubsheridan.org/volunteer



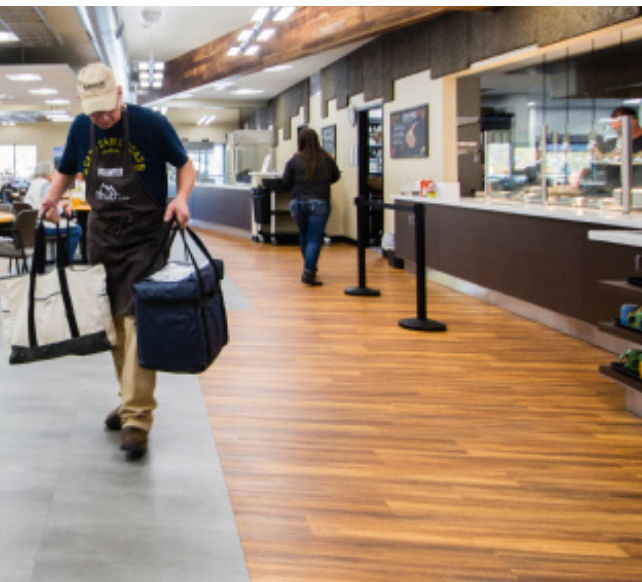
Image:
Mike Rice in
action taking
Home Delivered
Meals to Sheridan
Square Apartments

Volunteer Week

During the week of April 14-20, we would like to express gratitude for the contributions of individuals who generously donate their time and skills to make a positive impact. The Hub is planning a Volunteer Breakfast Celebration on Wednesday, April 17 from 7 - 9 am, with presentations and some special recognition awards at 8:00 am.

The Hub's volunteer workforce flourishes, with a total of 540 volunteers collectively contributing over 16,190 hours in 2023!

Volunteers at The Hub have been instrumental in every aspect of our services including Home Delivered Meals & Meal Site management, Snow Patrol, Trailblazer, Dining Room services, Urban Thrift, Fun & Wellness activities, Musical Arts, and so much more. There is quite literally nothing that these folks won't do to make life a little more enjoyable for our patrons! The breakfast celebration serves as a token of gratitude for the hard work of our volunteers and their commitment to building a stronger, more connected community for our seniors.



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. This May we will explore the vital role that connectedness plays in supporting independence and aging in place by combating isolation, loneliness, and other issues.

Connection can encompass various aspects of human experience and interaction:

Emotional Connection: This involves feeling a sense of closeness, understanding, and empathy with others. Emotional connection can occur in various relationships, including friendships, romantic partnerships, and familial bonds. It's about sharing emotions, experiences, and vulnerabilities with another person.

Spiritual Connection: This refers to a sense of connection with something greater than oneself, often associated with religious or spiritual beliefs. It can involve feeling connected to the universe, nature, or a higher power and experiencing a sense of purpose, meaning, and transcendence.

Intellectual Connection: This involves connecting with others on an intellectual or cognitive level. It can occur through engaging in stimulating conversations, sharing ideas, and exchanging knowledge. Intellectual connection often fosters a sense of intellectual stimulation, curiosity, and growth.

Physical Connection: This pertains to the physical aspects of connection, such as touch, intimacy, and physical proximity. It can involve feeling physically close to another person, whether through hugs, cuddling, or other forms of physical affection. Physical connection is important for bonding and intimacy in relationships.

Creative Connection: This involves feeling connected to one's creative expression and the creative process. It can occur through engaging in artistic activities, such as painting, writing, or music, and experiencing a sense of flow, inspiration, and self-expression.

Cultural Connection: This refers to feeling connected to one's cultural identity, heritage, and community. It involves a sense of belonging, pride, and solidarity with one's cultural or ethnic group, as well as an appreciation for diversity and multiculturalism.

March 2024

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

*Indicates Item Contains Nuts

1
Country Chicken Fritter
Mashed Potatoes & Gravy
Peas and Carrots
Fruit

2

3

4

Baked Chicken
Mashed Sweet Potatoes
Cauliflower
Chocolate Pudding

5

BBQ Pork Plate
Coleslaw
Baked Beans
Vegetable Medley
Fruit

6

Turkey & Wild Rice Soup
Broccoli
French Bread
Apple Crisp

7

Sloppy Joe
Roasted Red Potatoes
Vegetable Medley
Chocolate Chip Cookie

8

Chicken Primavera
Rotini Pasta
Green Beans
Lemon Bars

9

10

SPRING FORWARD



11

Beef Stroganoff
Egg Noodles
Steamed Beets
Oatmeal Raisin Cookie

12

Chicken Pot Pie
Biscuit
Vegetable Medley
Frosted White Cake

13

Cheeseburger
Sweet Potato Wedges
Garden Salad
Rice Krispie Treat

14

Macaroni 'n Cheese with Ham
Vegetable Medley
Fruit Cocktail

15

Guinness Corned Beef Stew
Cherry Pretzel Salad
Roll

16

17



18

Meatloaf
Stewed Tomatoes
Roasted Potatoes
Peas
Apple Slices

19

Western Bean Bake
Cornbread
Broccoli
Pudding

20

Baked Chicken Thighs
Mashed Potatoes and Gravy
Vegetable Medley
Mandarin Oranges

21

Chicken & Sausage Jambalaya
Cauliflower
French Bread
Pineapple Upside Down Cake

22

Fish & Chips
Coleslaw
Vegetable Medley
Banana Cream Pie

23

24



25

Chicken Marsala
Penne Pasta
Carrots
French Bread
Tapioca Pudding

26

Steak Fingers
Mashed Potatoes and Gravy
Vegetable Medley
Fruit Jello

27

Lasagna
Green Beans
Garlic Bread
Apple Pie Bars

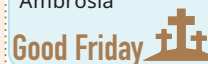


28

Cheeseburger
Potato Wedges
Cascade Blend Vegetables
Chocolate Chip Cookie

29

Glazed Ham
Scalloped Potatoes
*Green Beans Amadine
French Bread
Ambrosia



30

31



April 2024

SUN

MON

TUE

WED

THU

FRI

SAT

1
 Old Fashioned Goulash
 Sunshine Carrots
 Roll
 Pudding



APRIL FOOL'S DAY!

2
 Salisbury Steak
 Mashed Potatoes & Gravy
 Vegetable Medley
 Cornflake Bar

3
 Mushroom Swiss Sloppy Joe
 Hash Rounds
 Peas and Carrots
 Oatmeal Raisin Cookie

4
 Cheesy Chicken Pasta Casserole
 Green Beans
 Wheat Roll
 Rice Krispie Treat

5
 Biscuit & Sausage Gravy
 Scrambled Eggs
 Roasted Zucchini
 Peaches & Cream

6

7

8
 Chili
 Cinnamon Roll
 Vegetable Medley
 Fruit Cocktail

9
 Pot Roast
 Potatoes and Vegetables
 Garden Salad
 Wheat Roll
 Cookie

10
 Taco Salad
 Spanish Rice
 Mexi-corn
 Butterscotch Pudding


11
 Swedish Meatballs
 Egg Noodles
 Steamed Beets
 Roll
 *Rocky Road Pudding

12
 Chicken Cordon Bleu Bake
 Roasted Potatoes
 Green Beans
 Tropical Fruit

13

14

15
 BBQ Beef Sandwich
 Potato Wedges
 Peas & Carrots
 *Peanut Butter Cookie



TAX DAY

16
 Chicken Enchilada Bake
 Refried Beans
 Corn & Peppers
 Mini Churros

17
 Pork Roast
 Mashed Potatoes & Gravy
 Broccoli
 Fruit

18
 Beefy Mac 'n Cheese
 Peas and Carrots
 Applesauce

19
 Vegetable Beef Barley Soup
 Wheat Roll
 Strawberry Cake

20

21

22
 Open Faced Turkey Sandwich
 Mashed Potatoes & Gravy
 Seasoned Peas
 Apple Slices



EARTH DAY

23
 Mongolian Beef
 White Rice
 Asian Blend Vegetables
 *Almond Cookie

24
 Glazed Ham
 Scalloped Potatoes
 Green Beans
 French Bread
 Peaches

25
 BBQ Pork Sandwich
 Sweet Potato Wedges
 Normandy Veg
 Rice Krispie Treat

26
 Shrimp Scampi
 Wild Rice Pilaf
 Cauliflower
 Chocolate Cake

27

28

29
 Beef Stew
 Cascade Vegetables
 Wheat Roll
 Vanilla Pudding

30
 Cheeseburger
 Potato Chips
 Vegetable Medley
 Tropical Fruit

SUBJECT TO CHANGE
 *Indicates Item Contains Nuts

May 2024

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

*Indicates Item Contains Nuts

1

Spaghetti with Meatballs
Vegetable Medley
Garlic Bread
Fruit Jello

2

Herb Roast Turkey with Gravy
Cheesy Broccoli Rice
Cascade Vegetables
Applesauce

3

Beef Tacos
Spanish Rice
Mexi-corn
*Banana Nut Muffin

4

5



6

Tuna Noodle Casserole
Vegetable Medley
Roll
Lemon Pudding

7

Sloppy Joes
Hash Rounds
Roasted Cauliflower
Chocolate Brownie

8

Chicken Alfredo
Fettuccini Pasta
*Green Beans Amandie
Garden Salad
Tropical Fruit

9

Turkey & Wild Rice Soup
Wheat Roll
Carrots
Oatmeal Raisin Cookie

10

Chicken Fried Steak
Mashed Potatoes w/Country Gravy
Peas
Cherry Pretzel Salad

11

12



13

Lemon Garlic Chicken
White Rice
Broccoli
Fruit

14

Baked Ziti with Italian Sausage
Cascade Vegetables
Caesar Salad
Garlic Bread
Apple Pie Bar

15

Chicken Primavera
Herb Stuffing
Peas and Carrots
Fresh Melon

16

Pot Roast
Potatoes & Vegetables
Roll
Garden Salad
Chocolate Surprise Cake

17

Chicken Tenders
Mashed Potatoes & Chicken Gravy
Carrots
*Peanut Butter Cookie

18

19

20

Supreme Chef's Salad
French Bread
Sliced Peaches

21

Meatloaf
Stewed Tomatoes
Baked Potato
Broccoli
Strawberry Cake

22

Tarragon Chicken Salad Sandwich
Potato Chips
Carrot Raisin Salad
Chocolate Chip Cookie

23

Biscuit with Sausage Gravy
Scrambled Eggs
Roasted Zucchini
Blueberry Muffin

24

Fish and Chips
Coleslaw
Carrots
Lemon Pudding

25

26

27

Steak Fingers
Mashed Sweet Potatoes
Green Beans
Double Chocolate Cookie



28

Cheeseburger Deluxe
Cascade Vegetables
Potato Wedges
Tropical fruit

29

Turkey Tetrazzini
Wheat Roll
Normandy Vegetables
Chocolate Brownie

30

BBQ Pork Ribs
Dr. Pepper Baked Beans
Memphis Coleslaw
Fruit Cobbler

31

Philly Cheesesteak
Casserole
Roll
Broccoli
Applesauce

Aging Well Opportunities

Hub Registration

Thanks to our loyal patrons who register and scan in for activities! This helps us tailor programs to your needs and preferences, while ensuring accurate reporting to our funders. Not registered? Stop by the Front Desk for help!

New!

Vol Contrb = Voluntary Contribution

Our **Activities Calendar** containing everything you see here can be found at thehubsheridan.org or by using this QR Code!

How?



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



Follow us on Facebook!



Follow us on Instagram!

Lisa Wells, Sr. Fun & Wellness Coordinator

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

Amanda Munford, Fun & Wellness Coordinator

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

FITNESS

Happy Feet Cardio Dance

Dance your way to fitness w/the dynamic Sherry Mercer!

Mon • Wed • 8-8:55am • \$5 Vol Contrb • Fitness Rm

BOOM! Circuit Training

Classes include low impact, challenging movements to improve cognitive abilities & increase overall strength, cardio conditioning, flexibility, & balance. Meeting in person & on Zoom.

Mon, Wed, Fri • 9-9:55am • \$5 Vol Contrb • Fitness Rm

BAMM! Chair Exercise

Moves focus on improving cardio, strength, balance, & flexibility, helping participants maintain independence for activities of daily living. Meeting in person and on Zoom.

Mon, Wed, Fri • 10-10:55am • \$5 Vol Contrb • Fitness Rm

Tai Chi

Dan Aldrich instructs participants in this particularly popular

& gentle form of exercise known for its slow, intentional movement.

Tues • 8:30-9:30am • \$5 Vol Contrb • Fitness Rm

Walking Club at the Y

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

Mention you are a Registered Hub Patron at the YMCA's Front Desk, head to Gym 2, & get your walk in!

Tues • 9-10am • YMCA Gym 2

Rise & Shine Yoga

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

Thurs • 8-9:00 am • \$5 Vol Contrb • Fitness Rm

Virtual Gentle-Stretching Yoga

Donna Stubbs, 20 years experienced Yoga practitioner, leads this whole body, mind, & spirit class. For info & to register contact Donna at (307) 763-1974 or donna@thefiberhouse.com.

Thurs, 5:30pm & Sun, 5pm • Vol Contrb • Zoom

Senior Bowling

Senior Bowling is now taking place on Wed at Cloud Peak Lanes. No registration needed, just show up at 12:30pm to be ready to play at 1pm. Shoe Rental available for an extra cost.

Wed • 1-3pm • \$9 Fee • Cloud Peak Lanes

Treadmill & Stationary Bikes

Get fit on a treadmill or a recumbent-stationary bike. This equipment is available when other Fitness Rm activities are not in session.

Mon - Fri • \$5 Vol Contrb • Fitness Rm

OUTDOOR RECREATION

Spring Outings

Join Steve Stresky and Lisa Wells for outdoor adventures! **Sign up required.** Trip details will be confirmed based on weather & conditions a few days prior & communicated to participants. We'll return by 4:30pm, unless otherwise noted. Bring necessary equipment, appropriate clothing, water, and lunch to enjoy on the trail.

March & April Outings The Big Horns' cross-country ski & snowshoe areas offer diverse terrain for all levels that we can choose from once we arrive.. Elevations range from 7,000 to 9,000 feet, with groomed trails like Cutler Hill, Sibley, Antelope Butte, Pole Creek, and Willow Park.

May & Dry Weather Outings These hikes will take place near Sheridan. We will be on trails that have options for various distances & terrain suitable for our group. Explore open prairies, gentle creekside paths, forest trails, and paved routes. Locations include Red Grade & Hidden Hoot Trail Systems, Buffalo Run Creek, William Mentock Trail, and Piney Canyon.

Select Thurs, 3/14, 4/18, 5/16 • \$5 Vol Contrb •

Meet 9:30am in the Hub Lobby

Aging Well Opportunities

CREATIVE ARTS

Crocheting & Knitting

Bring your latest project & work on it w/friends. The multi-talented Donna Stubbs will be available to assist you if needed. Beginners are welcome!

Thurs • 1-3pm • \$5 Vol Contrb • Art Studio

Music Makers Piano Lessons

Always dreamed of playing piano? Beginners and returning players are welcome. Join Janet Ruleaux for an interactive piano learning experience. Open to all curious individuals, you can join at any time. Two sessions now. Handicap accessible. Contact Janet at (307) 752-5312 w/ questions and to sign up!

Mon • 9-10am or 10-11am • \$5 per Class to Instructor • Methodist Church

Uke 'an Strum

All levels welcome. Music & basic instruction given. Ukuleles available to try in class. Contact Barb or Lacey at 675-4968 w/questions or to join.

Fri • Beginners 9:30am • Jam Session 10-11:15am • \$5 Vol Contrb • Community Rm

Woodcarvers Group

Carve together. All levels welcome! Members of the group share how-to's & tools.

1st, 3rd & 5th Sat • 9am-12pm • \$5 Vol Contrb • Art Studio

3rd Thursday Poetry Group

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

3rd Thurs • 2-4:30pm • \$5 Vol Contrb • Community Rm

Culinary Arts Club

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

3rd Tues • 2-3pm • \$8 Vol Contrb • Art Studio

Greeting Card Workshops

Create lovely, handcrafted cards utilizing special papers, die cast stamps, & additional techniques under the creative guidance of Instructor Heidi Roesler.

Sat, 3/9, 4/13, 5/18 • 12:30-3:30pm • \$7 per Class to Instructor • Art Studio

Craft Fusion Haven

Local artist Sharyn Siler will lead us in crafting junk journals, collage art, and more! Discover Gelli printing and other mixed media techniques. Bring your ideas to share with the class. Some kits may require a fee.

Tues • 9:30-11:30am • \$5 Vol Contrb • Art Studio

CREATIVE AGING WYOMING ARTS COUNCIL WORKSHOPS



These 8-week programs have been funded through a generous Wyoming Arts Council Creative Aging grant.

Hubcaps Choir & Lugnuts Band

Join Amanda Patterson, Lead Teaching Artist, & Aspen Grove Music Studio Owner, for these workshops & culminating performances! Hubcaps Choir workshops are inclusive for all abilities. Lugnuts Band workshops aim to reignite musical passions and talents for current or past instrument players.

Hubcaps Choir Rehearsals

Tues, 3/26 - 5/14 • 1:30-3:30pm • Community Rm

Lugnuts Band Rehearsals

On-Going • Scheduling Based on Participants Availability • Aspen Grove Music Studio

Performances

Wed, 5/15 & Thur, 5/16 • 1:30pm • Café

Poetry Class

Tyler Julian's Poetry Appreciation class returns as a WYO PLAY Creative Aging offering! Tyler, a Sheridan College faculty member and published author, will lead participants in reading and analyzing poems from various established poets. The focus will be on the art of reading poetry aloud for others to enjoy, culminating in a poetry presentation event. **Sign up online** at thehubsheridan.org. Max 15 participants.

Tues, 3/12 - 4/30 • 9:30-11am • Conference Room

Dance Class

Join Stephanie Koltiska for Dance class as part of the WYO PLAY Creative Aging program. All levels welcome. Stephanie, from Sheridan College's Theater and Dance Department, brings her expertise as a modern dance performer, teacher, and choreographer. Progress at your own pace in a safe environment, culminating in a group performance. **Sign up online** at thehubsheridan.org. Max 15 participants.

Wed, 3/13 - 5/1 (no class 3/27) • 1-2pm • WYO Performing Arts & Education Center Dance Studio

Drum Circle

Join percussionist Rachael Esh for a 4-week workshop and performance at the Hub Café. Bring your own percussion instrument or borrow one of ours! No experience needed. Sponsored by NAMI Sheridan.

4/16, 4/23, 4/30, 5/7 •

10-11am • Vol Contrb •

Fitness Rm •

Performance 5/7 •

11-11:30am • Café



Aging Well Opportunities

Watercolor with Gail Sidletsky

This class is currently full & not accepting new participants.
Thurs • 10-12pm • \$25 per Session to Instructor at 1st Class
1st Session 3/7-4/11 • 2nd Session 4/25-5/30 • Art Studio

Textile Arts with Rachel Ruleaux

Rachel will lead us through a variety of textile arts & inspire us to create unique projects. 11 participants max. Sign up on-line at thehubsheridan.org or by calling Amanda Munford at (307) 675-4952.
4th Tues • 1-3pm • \$15 Vol Contrb • Art Studio

Easter Felting Project with Jane Black

Join Jane Black as she guides us in making a festive, felted Easter project. All supplies will be provided. 7 participants max. Sign up on-line at thehubsheridan.org or by calling Amanda Munford at (307) 675-4952.
3/12 • 1-2:30pm • \$5 Vol Contrb • Art Studio

The Yarn Shop

This is an awesome give & get opportunity for crocheters & knitters alike. A nice variety of yarn is available in cubies located in the Art Studio. Donate extra skeins or help yourself to what you need.
Mon-Fri • \$0.25 Vol Contrb per Skein • Art Studio

GAMES

Billiards: Mon-Fri • 8am-3:30pm • \$5 Vol Contrb • Billiards Rm

Cribbage: Tues • 9:30am-12pm • \$5 Vol Contrb • Café

Double Deck Pinochle: Mon • 12:30-3:30pm • \$5 Vol Contrb • Café

Dominoes: Fri • 9:30am-12pm • \$5 Vol Contrb • Café

Hand & Foot: Tues • 1-4pm • \$5 Vol Contrb • Café

Poker: Thurs • 1-3pm • \$5 Vol Contrb • Café

Table Tennis: Mon, Wed, Fri • 1-2pm • \$5 Vol Contrb • Fitness Rm

LEARNING OPPORTUNITIES

Sheridan Community Land Trust (SCLT)

Explore History Series

Join Sheridan Community Land Trust staff & guest presenters for engaging presentations. Community members are invited to contribute personal memories or historical insights on topics. Sponsored by the Next50 Initiative.

Bill Matteson, Museum of Discovery, Presents:

Caesar the Allosaurus

Tues, 3/12 • 10am • \$5 Vol Contrb • Hub Café

Kevin Knapp, SCLT Historian, Presents:

History of the Railroad in Sheridan County

Tues, 4/23 • 10am • \$5 Vol Contrb • Hub Café

Sylvia Bruner, Gatchell Museum, Presents:

Bomber Mountain

Tues, 5/14 • 10am • \$5 Vol Contrb • Hub Café

Scams 101 with the Sheridan Police Department

In our tech-driven world, scammers constantly find new ways to defraud you. Attend sessions with the Sheridan Police Dept. to learn key indicators of scams & how to protect your finances, and know what to do if targeted. Learn what to do if you suspect you're being targeted.
1st Thurs • 11-11:30am • Vol Contrbs • Hub Café

Antique Roadshow

Local collectors Ken Heuerman, Sue Heuerman, Wayne Sullenger & Darla Judes collectively give their best estimate of the value of your precious items. 1 item per person.
3rd Wed • Item Drop-off at 12pm, 1pm Presentation • \$5 Vol Contrb • Community Rm

Brewery Tour, Beer & Girl Scout Cookie Pairing

Former Quality Assurance Director at Black Tooth Brewing Company, Ruth Martin, will lead a brewery tour & pair different beer styles with Girl Scout Cookies. Max 12 participants.
Mon, 3/18 •

1-3pm • Vol Contrbs • Meet in Hub Lobby to Walk to Black Tooth Brewery

UW Science Fair

The University of Wyoming Science Initiative Roadshow is excited to bring hands-on STEM activities to The Hub. Interact with UW students & experience guided science demonstrations/projects. Since 2017, the Roadshow has engaged Wyoming K-12 schools & communities in STEM activities & is now thrilled to extend its programming to older adults.

Thurs, 4/18 • 9-10:30am • \$5 Vol Contrb • Café

Doc Talk: Dr. Amber Robbins, Robbins Dermatology

Developed by Kris Schamber, MD, w/Sheridan Memorial Hospital-Primary Care Clinic, this special series offers time w/knowledgeable community providers who speak about various health topics in an informal setting allowing time for Q&A.

Wed, 4/24 • 12pm • \$5 Vol Contrb • Café

Do-it-Yourself Estate Planning

Curious about online wills, trusts, and asset transfers? Attorney Christopher Sherwood will explore their proper and improper use, along with beneficiary designations and joint ownership. Gain insights into how these tools can affect your estate and beneficiaries, and learn simple asset transfer methods. Get answers to your questions and discover what steps you can take.

Thurs, 4/4 • 11am-12pm • Vol Contrbs • Community Rm



Aging Well Opportunities

Build Your Own Survival Kit

Prepare for outdoor excursions with a survival kit! Join Bruce Scigliano, Wyoming Outdoor Recreation Pathfinder, for a session on crafting your essential gear. Discover basic survival skills and tailor your kit to your requirements. Max 12 participations. Sign up on-line at thehubsheridan.org or by calling Lisa Wells at (307) 675-4953.

Thur, 4/25 • 1-3pm • \$5 Vol Contrb • Community Rm



GetSetUp

The WY Dept. of Health, Aging Division, has teamed-up w/GetSetUp to provide hundreds of live online classes to keep you mentally, physically, & socially active. Classes are interactive, easy to join, offered day & night & free for our community. Areas include art, Yoga, cooking, travel, history, & more! Register at getsetup.com using the code "Wyoming" to access a free membership.

Ongoing Virtual Opportunity

TechConnect Loan Program

We have Android Tablets for loan plus the tech-support to help get started. This service is made possible by a community partnership w/Design Your Tech & a grant through the WY Center on Aging. Contact a Fun & Wellness Coordinator to loan out tech!

On Going Program • \$5 Vol Contrb

Tech Assistance

Borrow tech or bring your own. We will try & answer common user questions.

Tech Practice Sessions Available by Appt • Contact a Fun & Wellness Coordinator • \$5 Vol Contrb

CELEBRATIONS

International Women's Day

Join us in celebrating with Emily Betzler, Owner of Bought Beautifully, a local non-profit boutique empowering women worldwide. Enjoy a tour of this unique shop on Main Street and hear inspiring stories from Emily's travels. Bring money to shop and indulge in treats at Java Moon afterward.

Thurs, 3/7 • 10:30-11am • Sign-Up Req'd • Meet in the Hub Lobby & we'll walk to Main Street

Spring Craft Fair

Come celebrate spring & support our Hub artisans!

Tues, 4/2 • 9am-1pm • Community Rm

Landon's Greenhouse & Nursery Tour

In honor of Earth Day, let's follow the journey of a plant from seed to sale! We'll explore each of the 6 production greenhouses through sight, taste, touch, & smell. Plan to bring a chair to sit in the shade & enjoy cookies & tea

afterwards. Sign up on line at thehubsheridan.org or contact Lisa Wells or (307) 675-4953. 12 participants max. Mon, 4/22 • 1pm-2:30pm • \$5 Vol Contrb • Meet in the Hub Lobby to Carpool

Wyoming Baroque Presents Global Baroque

In the 17th & early 18th centuries, composers invented a new, expressive musical style designed to stir the listener's emotions. Later called "Baroque," this musical language spread internationally & is sometimes referred to as the first global genre of music. "Global Baroque" showcases the unique musical language of composers from Europe, Africa, North America, & South America. Directed by Dr. Mark Elliot Bergman, Director of Strings & Orchestral Studies at Sheridan College.

Wed, 5/1 • 10-10:45am • Vol Contrbs • Café

Ucross Gallery Tour and Picnic

Join us for a guided tour of "Celebrating Complexities," showcasing the work of four Native American Artists & Ucross Fellowship recipients. Their talents span photography, sculpture, painting, drawing, printmaking, beading, quillwork, and basketmaking. Support Ucross's new coffee shop or bring a sack lunch to enjoy outdoors on the picturesque Ucross grounds. Transportation provided by Goose Creek Transit, courtesy of a grant from St. Peter's Church Outreach Committee. Max 14 participants. Sign up on line at thehubsheridan.org or contact Lisa Wells or (307) 675-4953.

Thur, 5/9 • 9:30am • \$5 Vol Contrb • Meet in Hub Lobby

SERVICES

Alterations by Marcine

Call the front desk to schedule your appointment today!
3/6, 4/3, 5/1 • 9-10am • Vol Contrbs Welcome • Art Studio

Chair Massage

Rest your mind & body w/ a 15-minute chair massage by board certified massage therapist Dora Cudney. Call the front desk to schedule your appointment today!

Wed • 11am-1:30pm • Vol Contrbs • Lobby

Hearing Loop

Our Community Room is equipped with a Hearing Loop. This technology enables individuals with T-coil or Telecoil wireless receivers in their hearing aids to directly receive audio from the room's audio system or microphone into their devices. For assistance or questions regarding the use of the loop, please contact a Hub Fun & Wellness Coordinator.

Building Rental

Looking for a meeting space? The Hub on Smith has rooms available to reserve. Mon - Fri from 7am-4 pm, there is a suggested contribution of \$20. After hours, rates vary. Contact a Fun & Wellness Coordinator for information or to reserve your space.

WORKSHOPS

These sessions, open to everyone, are particularly beneficial for individuals impacted by dementia, their care partners, & professionals aiming to enhance their dementia care skills. The workshops incorporate perspectives from those living with dementia, their families, & **Dementia Friendly Wyoming's Heather Comstock, MSc in Dementia Studies**, ensuring a comprehensive learning experience.

Community Dementia Strategy Planning Sessions

We warmly invite you to participate in our special dementia strategy sessions. Your insights are important to us, & we are committed to making a positive difference together. Our goal is to listen to what you believe is necessary for excellent support in our community. We assure you of a welcoming environment with guided discussions to effectively capture & explore thoughts & suggestions. Join us in continuing to shape an inclusive & supportive community for everyone affected by dementia.

Wed, 3/13 • 10-11:30 am • Community Rm

Wed, 4/10 • 10-11:30 am • Community Rm

Care Partners' Resilience Workshop: Navigating Caregiving with Heart & Mindfulness

Welcome to our supportive workshop, specifically designed for family care partners & professionals. In this session, you'll delve into the principles of psychological flexibility & mindfulness, discovering how they can transform your caregiving experience. We offer easy-to-adopt, effective strategies aimed at managing stress & fostering resilience. This workshop is not just about learning; it's also about connecting with a community of caregivers, sharing experiences, & finding mutual support. Enhance your daily caregiving routine with practical mindfulness exercises, bringing a sense of balance & calm to both you & your loved one.

Wed, 3/6 • 10-11:30 am • Community Rm

Empathetically Recognizing Behavior as Communication

This session is designed to support everyone—from persons living with dementia to care partners, family members, & community members at large. We offer strategies to empathetically recognize & adapt to various communication styles, including verbal & non-verbal cues, encountered in dementia. Emphasizing perspective-taking, the workshop aims to enhance understanding & empathy across all interactions. This inclusive session provides practical skills & compassionate strategies, making it an invaluable resource for effective communication support within our community.

Wed, 4/3 • 10-11:30 am • Community Rm

Family Caregiver Services

For Information about Family Caregiver Services or to sign-up, contact a Family Caregiver Coordinator:

Emily Keith

(307) 672-2240 x122 | egorham-keith@thehubsheridan.org

Tarah Vershum

(307) 672-2240 x121 | tvershum@thehubsheridan.org

SUPPORT GROUPS

Often, caregivers experience physical demands, emotional stress, and conflicts with work, family, or other responsibilities when providing care for others. The National Family Caregiver Program features the crucial Older Relative Caregiver and Family Caregiver Support Groups. These gatherings offer a space for Caregivers to come together: they eat, they talk, they learn, they enjoy fellowship. Support group provides a time and space where each participant is a partner. Everyone has an opportunity to feel acceptance and understanding. Meetings also include topical presentations with time for Q&A.

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

Caregiver Support Group Meetings - AM

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

On Speaker Days - AM

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

Older Relative Caregiver (ORC) Meetings - PM

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

Companion Pets!

The Hub provides Joy for All Companion Pets—robotic cats or dogs with soft fur and responsive sensors for touch, motion, and sound. Benefits for owners include reduced isolation, increased sense of purpose, and enhanced communication for those with dementia.

The Support Center

AARP Tax-Aide

In-person tax assistance is provided to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. **IMPORTANT Please contact the Hub Front Desk at (307) 672-2240 to schedule your appointment and pick up an IRS Intake Form to complete before your appointment.** Tues & Thurs through April 11 • Appointments Required • Fitness Rm

foundation gifts NOV 1 – JAN 31, 2024

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It is an honor to receive your gift! If by chance we have unintentionally missed you on the acknowledgement list please forgive us, and always feel free to give us a call with questions or concerns at (307) 672-2240.

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- AASR Alomers Fund
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www.thehubsheridan.org Contact one of our staff at our front desk for assistance.

CONTACT US TODAY

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Fax: (307) 674-9866

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

Dementia Friendly Wyoming:

Sheridan: (307) 461-5955

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

Tongue River Valley Services:
(307) 655-9419

Urban Thrift:
(307) 675-1974

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



THE LOAN CLOSET

Hours of Operation

Monday-Friday
12-4pm

Reserve supplies by calling or visiting us.

Suggested Contribution

To help pay the cost of equipment maintenance and customer service, we ask for the following:

- \$25—large items including hospital beds, lift chairs, etc.
- \$10—all other items