
Letters

Senior Center a great part of senior life in Sheridan

Editor:

Mayor Kinskey was at the Senior Center today (May 5) giving a proclamation about Older Americans Month, and he said that there are approximately 6,400 seniors living in Sheridan, and the reason so many have moved here is our Senior Center and all of its great services.

When I moved here in 1975, there weren't any senior services, and now we have meal service 365 days a year, the Mini Bus, In-Home care, chore service, Day Break, Family Caregiver Support, Alzheimer's Support Groups and activities.

We have entertainment almost every day during the noon meal at the center. The meals program is very important, but in my own opinion, visiting with others and the laughter are worth the most!

Age creeps up on all of us, and this morning I was watching lazy squirrels lounging about the patio eating the birdseed.

There was one little blond squirrel in particular, "a little blond bombshell," and true to form, she had all the little guy squirrels fighting over her in minutes, but as the sun was glistening off her head, I spotted quite a few gray hairs.

So no doubt, this squirrel will have to be slowing down one of these days just like the rest of us. And she too might enjoy all that happens at the center! So, Robin and Carolyn, how about nutritious meals for squirrels?

For those of you who know me, you understand that I enjoy some humor and have found a way to express that in my squirrel stories, but on another note, I would like to say that the Senior Center is near and dear to my heart.

Please come and join us for lunch any day; you'll be glad you did!

**Mary Kraft
Sheridan**