

First Interstate committed to Senior Center

The Sheridan community is privileged to have a center of activity for a specific group of individuals who enjoy gathering together for a meal, a game, maybe a sing-along or even a magic show.

That activity center is the Sheridan Senior Center. The center plays a vital role in the lives of many Sheridan County residents who have reached the stage of their lives that some refer to as the "Golden Years."

First Interstate Bank has been given the opportunity, over the years, to assist the Senior Center with projects both large and small. We're part of this community. That's why it's so important to us to take care of it, and the people in it.

We recognize the value the Senior Center holds in a community of this size and the importance of the programs it offers.

On a designated day in May, First Interstate Bank, in cooperation with the Sheridan Senior Center, provides meals for all seniors dining at the center as well as the meals delivered to outlying areas.

The center has allowed our officers to don aprons and hairnets and serve the meal as well.

What an opportunity to visit with our friends and neighbors as they go through the line.

We have expanded this celebration by designating a week in the bank as "Older American" week to pay tribute to our seniors for the years of service and contributions to Sheridan County. The importance of this once-a-year event still rings true today.

This year, First Interstate Bank is sponsoring Bank Day on Thursday, May 28, at 11:30 a.m. to 12:45 p.m. at the Senior Center. On Bank Day, First Interstate Bank "buys" lunch for luncheon guests 60 or older. That day's menu is baked chicken, mashed potatoes with gravy, Asian blend vegetables, sweet red



Center Stage

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cherries and brownie bites. The menu for that day is published on the center's Web site at www.sheridanse-niorcenter.org.

Another program offered through the Sheridan Senior Center is the Home Delivered Meals

program. This program provides individuals a nutritional meal in their own homes. Throughout the year, several First Interstate Bank employees volunteer, along with other community volunteers, in the delivery of these meals through the Center. This volunteer program is not only beneficial to those who receive the meals, but to the volunteers who are rewarded with a smile, a thank you, a brief visit and sometimes a short story or history lesson. Priceless!

Why do we feel the existence of the

Senior Center is so important to this community? Growing older, sure, it is inevitable.

Thanks to the Senior Center, those "Golden Years" can be enjoyable. We have a wonderful opportunity offered to us by working together to further the programs provided.

We have a commitment to make our community a better place to live, no matter what the age of the participant may be. We have been involved in the past, the present and plan to be involved in the future of our community and in the programs the Senior Center has been committed to provide.

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Center Stage is written by friends of the Senior Center for the Sheridan community. It is a collection of insights and stories related to living well at every age.