

Many generations discover, enjoy Senior Center

As the generations come to realize what a great facility we have, it has been so exciting to welcome them and be a part of their creative vision.

The activity at the Senior Center is virtually nonstop, age-unlimited. Allow me to elaborate.

One program involves students and seniors. For three years, the Sheridan High School Honor Society students have chosen the Senior Center as part of their community service project.

The students come once each month beginning in January and ending in April.

We play games of all sorts, eat cookies (or whatever is handy), laugh a lot, and develop a new respect for one another's generational differences. We like to call this program "Late Night, Game Night."

Another program began when local music artist Mark Paninos called me to introduce himself with an idea he generated together with Karen Clift.

Mark and his band, "Too Wet to Plow," wanted to host a musical "gig" the second Saturday of each month featuring different local seasoned musicians. Thus, the "Evening Stage" was created.

April and May kicked off with Ann Tolstedt, Andy Lowe, the Fire-Ants, Muff Niedringhaus, Bruce Scigliano, Scott Gall & Courtney Caplan and, of course, dancing.

Mark plans to resume his creative genius in September.

Our "Senior Theatre" program began last October after I "landed" a part at the WYO Theater in the musical "Crazy for You." During that production I became acquainted with the show's technical director, Erin Butler.

In our conversations, I told Erin that once upon a time we had formed a drama group, but circumstances created a hold on the idea. The more I shared with her, the more the idea began to blossom into what we now call "Senior Theatre."

Under Erin's direction, the Center's thespians, Bob Wakefield, Eleanore Tomsovic, Jane Musselman, Joe Laughton, Pam Stevenson and Leonard Hurst, turned out four one-act plays. They are planning a second appearance at the WYO during Celebrate the Arts next week.

A fourth program is the annual Senior Health and Wellness Activities. Recently the Senior Center, Recreation Department and YMCA concluded the 2009 Senior Health and Wellness Activities.



Center Stage

Jane Perkins



This two-day event focuses on seniors with the objective to provide activities that will make exercise time more enjoyable and promote social well-being. The finale this year in Kendrick Park included music from the Craft Brothers, Rich

Bridger at the grill, and the first ice cream of the season.

An upcoming annual program here at the Senior Center is our own choir in the "SheridanAires Spring Follies"! I have been the director for six years.

Some, including me, have just enough music knowledge to come in, sit down, and have a great time. Other participants began performing as early as the age of 5 or have college theater, community theater and church choir experience.

They bring experience in music and dance including Carnegie Hall with the Sweet Adelines, at Galesburg, Ill., entertaining our troops, or performing at the WYO Theater as a Femme Finales.

Our performance troupe has 28 mem-

bers including our faithful pianist, Betty Raymond. We range in ages from 62-93 years old.

In addition to his gift of song, our set designer and architect, Joe Laughton, creates our stage set, which is a sight to see.

We invite everyone to our "Follies." Matinee performances are scheduled for Thursday, June 11, and Saturday, June 13, at 1:30 p.m. free of charge.

Friday, June 12, dinner is served at 6 p.m. with the Follies following at 7:15 p.m. Advance dinner reservations are requested for Friday night with a suggested donation of \$4 at the door.

The Senior Center has built a facility that is fast becoming the "Center of Everything" for all ages and for all reasons.

We invite you and your families to visit the Sheridan Senior Center for any reason!

Jane Perkins has been activities director at the Sheridan Senior Center since May 2002. Previously she was the center's receptionist and a volunteer in the Home-Delivered Meals program.

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.