

Take the Senior Center Challenge

I've got a challenge for everyone age 60 or better.

During this summer, beginning today and spanning across July, August, and September until the 22nd (first day of fall), I challenge everyone to eat a meal at the Senior Center at least five times.

How 'bout it? You'd be doing us a favor and get some good lunches besides.

So, why the challenge? To be honest, our participation numbers are down, and we need to have more people in the dining room or taking Home Delivered Meals.

Street construction has been a *big roadblock!* Anyone will tell you that the Senior Center is an almost crazy destination point these days.

But you can find us if you just come by way of the library.

You can do it! And when you find us, we will be happy to feed you!

So why don't we just shift gears and wait it out, you wonder?

Because our funding through the Older Americans Act is based on the number of meals we serve, and the way it stands now, these months of serving fewer meals not only mean we won't collect all the funds we are allocated for this year, but we also won't be eligible for that same level of funding in the years to come.

This is too vital a program to have funding diminished, especially when we know our older population in the Sheridan area is on the rise.

Too much information, you say?



Center Stage

Carolyn Benepe



Really, we are counting on this extra amount of information to be a catalyst and encourage you to come often and eat with us this summer. *This is a vitally important program; please give it your support! Our kitchens are ready to serve you!*

The Senior Center Meals Program exists to serve our community's older adults. Our

hope is to create a welcoming atmosphere where a good meal is shared with good folks.

We hope by serving up a tray of "goodness" each day that we will be part of healthy and happy lives for our customers.

As a dietitian I know there is a fair share of older folks who don't have a good noon meal every day. In fact, they may not have many good meals period.

Lots of people, for one reason or another, are disconnected from a healthy eating routine ... but we've got one going at the Senior Center, and we welcome everyone to join us.

So remember, if you're age 60 or better ... *take the Senior Center Summer Challenge — eat with us often. Help support*

the meals program — our whole community stands to benefit!

(And by the way, if you're hesitant to declare your 60-or-better status — I must tell you, there's no place better to celebrate aging than the center.)

For more details about the Senior Center Meals Program, call 672-2240 or visit our Web site, www.sheridansenior-center.org.

Carolyn Benepe, a registered dietitian, is community nutrition director at the Sheridan Senior Center.

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.