

A gem in the landscape, the Sheridan Senior Center

I had a chance to go to Birney the other day, and what a wonderful trip it was!

In all the 63 years I've lived here, I have never seen the country as beautiful as it is right now.

Everywhere the grass is such a vibrant green and so tall I'm sure the livestock, as well as the wildlife, think they've gone to heaven. And the Tongue River dam was so full I wonder if it could hold another cupful.

It was wonderful to see so many old friends, many I hadn't seen in years; how come I'm the only one who's aged?

The Gene Woods family had a party for their mother, Francelia. I have known her since I came to Birney in 1947, and it was such fun hearing all kinds of fun stories about her life.

I'm so glad Ky Dixon and her brother, Bruce Collins, invited me to go with them. Friends are better than money.

The other day I visited with a nice couple that had grown up here and now they are retired; they spend their winters in Arizona and then come here for the summer.

They said they enjoyed visiting senior centers wherever they went but felt we had one of the nicest ones they had ever been in and also felt we offered more services.

I do believe we are the only site in Wyoming that serves meals, congregate and home-delivered meals, and runs mini-buses 365 days a year. The Day Break program is open five days a week, and if you need In-Home help, it is available every day. The other programs are available Monday through Friday.

Isn't it great we started out in 1975 as a five-day-a-week meal site with two mini-buses at the Salvation Army building, and look how we have grown, or as the



Center Stage

Mary Kraft



saying goes, "We've come a long way, baby!" And we probably aren't through.

We have several other programs such as Department of Housing and Urban Development housing, help with insurance and sales tax rebates, and the Senior Companion program, all of which are very worthwhile. If you have any questions about any of these, please call the center at 672-2240, and it will be glad to help you.

I wish these rotten squirrels had someone to help them keep out of trouble. I'm not sure which holiday, New Year's or July Fourth they celebrate the loudest!

For weeks, they steal birdseed from the feeders, then put it away to ferment, and then they throw these wild parties, and before the night is over, the little blond hussy has to appear dressed like something out of the Arabian nights and starts flirting and carrying on until there's a big fight with ears being bitten and fur flying and enough squealing to wake the dead.

Finally their wives show up with clubs, and one even had skillet, and believe me, when they start swinging their weapons, the fight is soon over with and the blond hussy knows it's time to hit the road. Then the neighborhood is all quiet and peaceful again!

Do come have lunch with us and find out more about our wonderful center and enjoy visiting and having some good laughs; you'll be glad you did; see you soon, I hope!

A former Senior Center employee and board member, Mary Kraft now volunteers at the 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.