

Come to Oktoberfest at Heritage towers

The first Oktoberfest, held Oct. 18, 1810, celebrated a royal wedding.

The wedding reception of Bavaria's Crown Prince Ludwig (later to be King Ludwig) to Princess Theresa of Saxe-Hildburghausen has evolved into an annual celebration of lager and lederhosen observed worldwide.

The fields where the wedding took place have been named "Theresienwiese" (Theresa Fields) in honor of the Crown Princess, although locals have abbreviated the name simply to the "Weis'n."

Munich, Germany, was the site of the 1810 celebration and remains the site of the "Weis'n, the Oktoberfest. This year's Munich Oktoberfest was held Sept. 19 through Oct. 4.

Oh, no, you missed it! Never fear, you can still get to an Oktoberfest right here in Sheridan.

The Senior Center's Heritage Towers meal site is holding an Oktoberfest on Wednesday, Oct. 21, at 5:30 p.m. Girl Scouts and girls from the Wyoming Girls School have already started decorating for the big night.

Jane Perkins, the Senior Center's activities director, has hired the German

Polka Band to provide live music. The O'Doul's Beer has been ordered.

The Heritage Towers kitchen crew will prepare a supper of bratwurst and sauerkraut with German potato salad and Black Forest cake for dessert for only a suggested donation of \$4 for those 60 years or better.

The staff and volunteers at Heritage Towers meal site are looking forward to spending this evening with our faithful dining friends and hope some new dining guests will join us for Oktoberfest and for other meals in the future.

Besides serving supper on Wednesday evenings, the Heritage Towers staff prepares lunches Monday, Tuesday, Thursday and Friday. Lunch is served at noon in the Heritage Towers dining room, located at 428 N. Jefferson St., right across from the YMCA.



**Center
Stage**

Jean
Harm



On Tuesdays, lunch is prepared in the Heritage Towers kitchen and then transported by volunteers to Big Horn, where a noon meal is served at the Big Horn Woman's Club. Meals are also prepared four days a week by the Heritage Towers

kitchen staff for the Tongue River Valley meal site.

Many people think that the staff who prepare meals at the Heritage Towers meal site are employed by Heritage Towers. In fact, the Sheridan Senior Center leases the kitchen and dining room from Heritage Towers, and the staff are employed by the Sheridan Senior Center, which is open to the public.

The Towers is an independent-living, federally subsidized apartment complex for residents 62 years and older or for residents older than 18 who can benefit from the features of several mobility-

impaired units.

Heritage Towers has a service coordinator who, when she sees a resident having a difficult time, will visit with the resident and/or family to arrange services to enable the resident to live in his apartment independently as long as safely possible.

To inquire about renting an apartment at Heritage Towers, please call Nancy Drummond at 674-8825.

For more information on how to become involved in any of these meal sites, please call the Sheridan Senior Center at 672-2240. The meals are nutritious and served fresh with a warm greeting.

So come to Oktoberfest on Wednesday, Oct. 21, beginning at 5:30 p.m.; enjoy a great time with great food, great company and a great band!

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.

Jean Harm is the Heritage Towers kitchen site manager. She has worked for the Sheridan Senior Center for more than 20 years.