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# Letters

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## **Plenty of ways for seniors to be active in Sheridan this month**

Editor:

Despite some of our youth saying there is nothing to do in Sheridan, all readers know that is absolutely not true. In fact, no one can possibly do everything that is available.

Somebody is always organizing something, and when not, individuals have their own program for keeping healthy and well. I suspect the youth and adults in Sheridan may be among the healthiest anywhere.

Even the dogs in this town must be the healthiest anywhere, for in my walks in the Whitney Commons Park or elsewhere, I see countless dogs on leashes going for a walk and taking their owners along. The real benefit probably comes to the owners.

The big thing for most people is to stay healthy and well, and the upcoming Senior Health and Wellness activities on May 28-30 are another opportunity.

Some of the activities will be at the YMCA. When registering for the free Senior Health and Wellness activities, ask for the "free week's pass to the YMCA."

Other activities will be at the Senior Citizens Center, at the Highland Park/Sheridan Recreation District facility, at the Sheridan Junior High School Track and Pool, at the bowling alley, or at the Kendrick Golf Course.

For those playing golf, the bargain \$10 total fee includes a cart, thanks to the support of Brian James, golf pro and manager of the city golf course.

During registration at the Senior Citizens Center from 9

to 10:30 a.m. May 28, coffee will be provided, and a number of free T-shirts will be given out as long as the supply lasts.

Also, three free lunches, one each day, will be provided. And there is something else offered for everyone including physical and nonphysical activities in abundance.

Check the schedule of events information, which lists a great many activities and their times, and pick your thing(s).

Some are easy like bingo, dancing, billiards, the fun walk, foot massage, blood-pressure check, R.V. golf, bridge, Frisbee throw or disc golf.

Some are slightly more vigorous activities like table tennis, badminton, racquetball, horseshoes, pickle ball, water exercise, track and field or the swimming events.

Anyway, if you are a senior, 50 or older, male or female, I urge you to be there and have fun like at an old-fashioned summer picnic.

**Charles W. Popovich  
Sheridan**

## **Please remember our vets and active-duty folks**

Editor:

Just about a year ago Sheridan's Elks Lodge, the Veterans of Foreign Wars, the American Legion, other