

**December
January
2007-2008**

Sheridan Senior Center
"Quality of Life...Later in Life"



Board of Directors

Rosemary Brouwer
Bill DeLapp
Sasha Johnston
Gary Miller
Renetta Mischke
Dr. Tom Niethammer
Susie Ponce
Don Steadman
Hank Songer

Directors Emeritus

Darlene Elliott
Dr. Seymour Thickman

Phone Numbers

Main: 672-2240

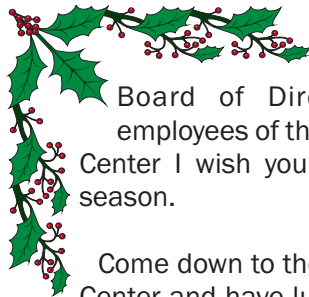
Mini Bus: 674-9272

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Center Stage

Putting a spotlight on news you can use...



On behalf of the Board of Directors and the employees of the Sheridan Senior Center I wish you a joyous holiday season.

Come down to the Sheridan Senior Center and have lunch or partake in some of the holiday festivities that Activity Director, Jane Perkins has planned. Some of the events include our annual Winter Concert, a Christmas light tour and performances by our local youth. If you are an Internet user, please go to our new website at www.sheridanseniorcenter.org for a complete description of the activities, menus, and general information about our organization.

As everyone knows, the holiday season may be especially hard for those who are alone and those who have lost people they love. This creates opportunities for all of us to reach out to others - to make a situation better - like "Effie".

Effie is one of the beautiful women who come to the Senior Center almost

everyday to volunteer, have lunch and visit with friends. Effie raised a large family and is used to cooking a big Thanksgiving meal. Like many families, hers has spread out and live far away. This year her children and their families did not come to Sheridan for the holiday. She admitted to being a little sad about this.

Instead, of feeling down, she and her husband Richard invited two other people without family over for Thanksgiving dinner. Effie who is in her "early" 80's, said that if she had more room she would've invited more. She asked for our help in finding people that might be alone for the holiday. Effie met the two lucky guests for the first time a couple of weeks before Thanksgiving. How good is that? Sharing good food and making new friends...

Wishing you peace and love this holiday season.

Carmen Rideout

Executive Director



Meet Susie Ponce by Shelly Araas - Administrative Assistant

Susie Ponce has been a member of the Senior Center Board since January 2007. Susie currently works for D.A. Davidson as a Financial Consultant. Born and raised in Sheridan, Susie and her husband, Juan, enjoy watching their two children Cole, age 15, and Amelia, age 11 in the various activities in which they are involved.

She serves as the Board of Director's Treasurer and has really enjoyed her time on the board. She believes that her role is "to keep the 'Big Picture' in mind and to support the outstanding staff so that they can provide the programs and services our clients need." She first saw the importance of the Senior Center while volunteering for Home Delivered Meals. She then realized that for some customers,

the Home Delivered Meals driver was the only contact that they had with people all day and if that doesn't show the important role the Center has, nothing does. She once climbed through a window to help someone get back into their home when they locked themselves out. She believes that "the quality of life for seniors would be devastating without the Center. The Senior Center is part of the community; it's an established organization with a good reputation. It's pretty easy being a Board member with the outstanding staff and programs offered."



Winter Driving Preparations by: Barbara Daugherty – Transportation Director

Your vehicle should be kept in top operating condition all year round for safety and fuel economy. It is especially important to prepare for winter driving by performing the following safety steps:

- Read the Owner's Manual and winterize your vehicles.
- Keep the gas tank full to and provide an extra margin of comfort and safety in case of delays.
- A CB radio or cellular phone can be a lifesaver, for you or another stranded motorist.
- Stock the car with basic safety equipment such as a scraper and brush, small shovel, jumper cables, and a bag of sand or cat litter for tire traction.
- Carry a breakdown kit that includes road flares, blanket, gloves, boots, warm clothing, flashlight, extra batteries, food, water and first-aid kit.
- Clear snow and ice from all windows and lights - even the hood and roof - before driving.
- Leave room for maintenance vehicles and plows - stay at least 15 car lengths (200 feet) back .
- Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra seconds to react.
- Trucks take longer to stop, so don't cut in front of them.
- Don't get overconfident with four-wheel drive. It helps get going quicker but won't help stop any faster.
- Bridges and overpasses freeze first: always slow down and avoid sudden changes in speed or direction.
- Never use cruise control in icy or snowy conditions.
- Use your brakes cautiously. Abrupt braking can cause brake lock-up and cause you to lose steering control.
- To make anti-lock brakes work correctly, apply constant, firm pressure to the pedal.
- If you get stuck in snow, straighten the wheels and accelerate slowly. Avoid spinning the tires. Use sand or cinders under the drive wheels.

Know current road conditions:



- Call 511 for traveler information.
- View weather and traffic information at: www.wyroad.info
- Check local news for weather and traffic reports.
- Winter road conditions require extra attention. Stay off the phone, drive at a safe speed, be alert and buckle up.
- Drive with your headlights on.
- Give yourself extra time to reach your destination.

All of the vehicles in the fleet for Sheridan Mini Bus have studded snow tires for winter driving. You may hear a "clacking" noise when the streets are dry but the studded tires ensure extra traction on ice and snow. Please be aware that extra time may be necessary in inclement weather to not only get you safely to the Mini Bus or your car, but to your destination as well. Your safety should be of primary concern in all situations. If you are riding the Mini Bus, we can always call and let someone know that you may be late due to weather conditions.

Let's All Drive Careful and Stay Safe!

LIEAP by: Mary Anderson – Program Coordinator



Low Income Energy Assistance Program (LIEAP) assists low-income families with their main heat source: Natural Gas, Electricity, Wood, Propane, Coal or Diesel. Applications will be accepted from **October 1, 2007 through February 28, 2008**. The application must be signed by everyone in the home that is over the age of 18. In addition, ID's and proof of income (wages, child support, social security income, etc.) on everyone in the household and a copy of a fuel bill must be included in the application. Income eligibility is determined by the household size of the family. Gross Income maximums per month are \$1,829 for a single person; \$2,453 for a couple.

If you would like an application or further information, you may call **Mary Anderson, Program Coordinator**, at the Sheridan Senior Center **672-2240**.

'Tis the Season for Giving and Receiving!!

Give your time volunteering at the Senior Center and receive:

Intangible benefits of the satisfaction of knowing you are making a difference in someone else's life while helping make a positive difference in your community

and...

Tangible benefits of a free Senior Center meal coupon and some mileage reimbursement for those who qualify



Contact **Nancy McKenzie** at **672-2240** for more information.

Volunteer Spotlight by **Nancy McKenzie - Volunteer Director**



Nora Gazdik has been volunteering for the Senior Center since 1995 assisting in the dining room, carrying trays and serving beverages four days a week and whenever needed. She also serves as the Activity Director's stage hand for the Sheridan Aires, clean up crew for programs, and participates in Senior Center activities.

Nora says, "My experience in volunteering is happiness, sharing, caring and helping others. We have the best Senior Center in the country and it is a home away from home." According to Jane Perkins, Senior Center Activity Director, "I can always count on Nora to go the extra mile no matter what is going on. She has a knack of always being there when I need the help the most."

Nora was born in Kleenburn, Wyoming and moved to Sheridan in 1933. She married her husband, Charles, in 1947 after meeting at a baseball game at the Central Middle School. They celebrated their 60th anniversary on May 11, 2006 in a big way at the Sheridan Inn with 2 Polka Bands and many friends and relatives attending. They have 7 children: 4 boys, 3 girls, 18 grandchildren and 12 great-grandchildren. Nora worked with her husband in the family business, Bino's Grocery, for 52 years; retiring a year ago July. Besides spending time with family and volunteering at the Senior Center, Nora enjoys polka dancing. She has been the president of the Big Horn Mountain Polka Club for 13 years and was the Secretary for five years prior. Nora says everyone is welcome to join the Polka Club dances, which are held the third Sunday of each month at the Elks Lodge. They also volunteer entertain at the local nursing homes. Nora's motto, "Keep a smile on your face and a polka beat in your heart!" We want to take this opportunity to thank Nora for her friendly helpful attitude and for the many areas she volunteers in at the Senior Center!

Kicking the Holiday Blues by **Shantel Moore - Services Director**

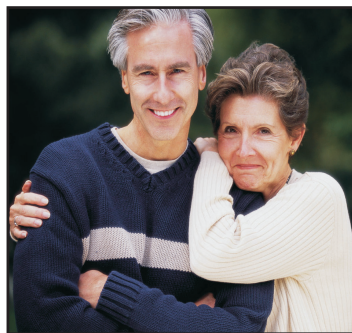
According to the National Mental Health Association, millions of Americans suffer from the holiday blues. Reasons for feeling blue around the holidays are numerous. They range from fatigue to financial limitations and family tensions. Experts say that one of the fastest routes to the holiday blues are unrealistic expectations.

Unfortunately, the media through news stories, TV specials and advertising often fuels this. These images can raise the hope for what "might be" and when the reality of "what is" sets in, there is disappointment. Another cause can be attempting to recreate past holidays. Whenever we engage in comparison we risk losing the joy of what actually is present at the moment. Comparison only creates frustration and more disappointment. Other factors that can contribute to feelings of sadness are memories of deceased loved ones, strained family dynamics and failing health.

Try these tips to assist you in having a happy holiday season.

- Slow down & think about the things in your life that you do enjoy
- Create new traditions to replace the old
- Remain positive and realistic...think about things that you have versus what you don't have
- Focus on giving to others. By volunteering we take the focus off of ourselves and by putting it on others you will feel much better. When you bring joy to others, a little of it will always stay with you!
- Take care of yourself by getting enough sleep, watching your diet and exercising
- Take time for yourself, but try not to isolate yourself. If you are alone for a holiday, participate in a community or church activity or have dinner at the Senior Center!
- Watch your finances - debt can add stress
- Don't try to deny or hide your feelings of sadness. Very often just being able to share your feelings with another person can help!

Home Comforts by **Barb Gibbons - Day Break Director**



Day Break, Elder Care Services has been providing care and activities for adults for 15 years. It has proven to be a great escape for many; those who just need a day away from home, a delicious meal with great friends or may

be looking forward to some friendly competition in a game of cards or indoor horseshoes. Our staff has an excellent track record for getting new people involved and providing an enjoyable experience people look forward in coming back to. We are open at 7:30 a.m. until 5:00 p.m.

Why would someone want to attend Day Break? Day Break is intended for folks that require assistance with everyday activities of daily living, need health monitoring and supervision, or are often alone and need socialization. Many people see Day Break as more of a "club". Some attend for a particular activity, such as Bingo or entertainment offered in the dining room. Others see it as a place to help others, as a volunteer would.

Make your New Year's resolution to try something new, get out of the house and make new friends; **Try Day Break.** Call **672-2240** and arrange for a tour or stop by at your convenience and see what Day Break has to offer.

December Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:00 Patchwork 12:30 Pinochle 12:45 AL-ANON
						1
12:30 Pinochle 2	9 & 10 Wyo. Rehab Fitness Class 10:00 Watercolors 10:00 Caregiver Support 11:00 Blood Pressure – Wyo. Rehab 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Spectrum 12:15 Bingo 1:30 Dancercise 5:30 AL-ANON 6:00 Line Dancing	9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 5:30 Laugh Therapy 7:00 AL-ANON	9:30 Choir 10:00 Watercolors 1:30 Winter Concert	8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 6:30 Winter Concert	8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
						8
12:30 Pinochle 9	9 & 10 Wyo. Rehab Fitness Class 10:00 Watercolors 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 1:00 Gift Cards 1:30 Dancercise 5:30 AL-ANON 6:00 Line Dancing Woodcarvers	9 & 10 Wyo. Rehab Fitness Class 12:30 Reading Group 12:30 Bridge 1:00 Ping Pong 7:00 AL-ANON	10:00 Watercolor 12:30 Pinochle 1:00 Line Dancing	8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:00 Flutes of Christmas 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
						15
12:15 Bingo 12:30 Pinochle 3:30 J. McKnight Piano Students	9 & 10 Wyo. Rehab Fitness Class 10:00 Watercolors 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:00 Wood Burning	8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Board of Directors 12:15 Bingo 12:30 Visually Impaired 1:30 Dancercise 5:30 AL-ANON 6:00 Line Dancing Wood Carving	9 & 10 Wyo. Rehab Fitness Class 11:30 Oxygen Saturation 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	10:00 Watercolors 1:00 Line Dancing	8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 6:30 Jam & Dance	8:00 Ping Pong 9:30 AL-ANON 12:00 Studio 48 Dancers 12:30 Pinochle 12:45 AL-ANON
						22
12:30 Pinochle 23	9 & 10 Wyo. Rehab Fitness Class 10:00 Watercolors 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:00 Wood Burning	8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Board of Directors 12:15 Bingo 12:30 Visually Impaired 1:30 Dancercise 5:30 AL-ANON 6:00 Line Dancing Wood Carving	9 & 10 Wyo. Rehab Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	10:00 Watercolors 12:30 Pinochle 1:00 Line Dancing	8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	8:00 Ping Pong 9:30 AL-ANON 10:00 MS Support 12:30 Pinochle 12:45 AL-ANON
						29
12:30 Pinochle 30	9 & 10 Wyo. Rehab Fitness Class 10:00 Watercolors 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:00 Wood Burning	8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Board of Directors 12:15 Bingo 12:30 Visually Impaired 1:30 Dancercise 5:30 AL-ANON 6:00 Line Dancing Wood Carving	9 & 10 Wyo. Rehab Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	10:00 Watercolors 12:30 Pinochle 1:00 Line Dancing	8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	8:00 Ping Pong 9:30 AL-ANON 10:00 MS Support 12:30 Pinochle 12:45 AL-ANON
						29
						29

Memorials

Edward Bell

Patricia Jones
John & Virginia Patton
Dora Lupton
Jerry & Shirley Higgs
Mary Toland
Joan & Dorin McChesney
Mary Lou & Riley Malli
Barbara Lou Jorgenson
John & Lil Mills
Mr. & Mrs. Mervin Amick
Mr. & Mrs. Frank A. Mediate
Mr. & Mrs. Jerry Grandahl
Tom & Ky Dixon
Kim & Mary Kay Love
Eldon & Jean Buell
William & Shirley Harper
Betty Matthews
Wilma Deeds
Lois Masters
Darrel & Kathy Leno

Merrill George Nay

Bernard & Barbara Sare
Larry & Judy Adams

Wilbur E. Pool

Darrel & Kathy Leno

John C. Barker Sr.

Dr. Dennis & Wilhelmine Frisbie

Maurice E. Harbel

Larry & Judy Adams

Roger A. McKenzie

Tom & Ky Dixon
The Glen Gates Family
John & Bernice Combs
Alta June Pool
William & Shirley Harper
Dr. Dennis & Wilhelmine Frisbie
Darrel & Kathy Leno

Claude F. Stevenson

Charles & Laurel Murphy

Tolbert 'Tuck' Schrater

Natalie Wright
James & Loretta Salstrom

Matthew J. Perkins

Larry & Judy Adams

Patricia A. Asmussen

HKM Engineering
Kenneth & Phyllis Kinkler
Gene & Helen Hughes
Johannas Jordan
Jose Golden

John Kuchera

Natalie Wright

Mabelle A. 'Babe' Laughrey

Natalie Wright

Robert Dale 'Bob' Brewer Sr.

Natalie Wright

Orville 'Red' Warner

Natalie Wright

Mary 'Katie' Popovich

Mitzi & Jim Weber
Jim & Frances Eggenberger
Robert Bender
Patricia Warner
Jock & Judi Hutton
Richard & Charline Bodine
Esther McKenzie
Dora Lupton
Tom & Barbara Hurst
William & Elaine Avery
Robert & Donna Fryer
Ed & Adeline Morrow
Nancy Shovlain
Helen & Julie Meiresonne
Ray Halverson
Arnold & Barbara Hansen
Helen Ray
Roger & Fachon Wilson
Gary & Carolyn Blyth
Tom & Ky Dixon

June G. Hartman

Betty Moffat
Marie Howard
Lyla Davis
Herman Sanders
Tom & Ky Dixon

George Rowe

Joyce Depue Muller

Memorials received through November 5, 2007

Loan Closet Donations* through Nov. 5, 2007

C.R. & Joan Fleming	Phil Frey	Jim & Helen Jackson
Dee Luth	Doris Ketcham	Larry & Jill Small
Felicia Harding	Alvina Lepinski	C. Rex Hartman
James & Ruth Townsend	Holy Name Thrift Store	Jeanice Massaro
Mae Bassett Heckman	Lillian Rader	Everett Wright
Anonymous	Louise Horsley	Alice Sanchez
Diane Feather	Inez C. Oliver	

* Our "Loan Closet" consists of various assistive aids: crutches, walkers, canes, toilet risers, wheelchairs, commodes, bath rails, shower chairs, and benches. These items are loaned free of charge to people in the community who need them.

Current Volunteer Opportunities at the Senior Center:

- Home Delivered Meals Drivers
- Dining Room and Kitchen assistance
- Newsletter Collators
- Senior Companions
- Dining Room Entertainment
- Office Assistance

Please see Nancy McKenzie - Volunteer Director, for requirements, job description, and a list of benefits



Heritage Towers Events

December

Dec. 5 Nancy and Friends will be here to entertain during dinner in the Dining Room.

Dec. 11 As the Holiday Season comes upon us. Spectrum will be here to get us in the Spirit during lunch in the Dining Room.

Dec. 12 Heritage Towers will have our Annual Holiday Open House from 10:00 a.m. – 3:00 p.m. in the front lobby. Stop by for the best holiday goodies ever.

Dec. 12 Patchwork Singers will entertain at 6:00 p.m. during dinner.

Dec. 1 - 14 We will be having our Annual Hat and Mitten Collection. Just bring hats and mittens to the lobby and put them on our holiday tree. All hats and mittens will then be donated to the Salvation Army.

Dec. 15 The annual Christmas Party hosted by the Girl Scouts will begin at 1:00 p.m. in the Dining Room.

Dec. 19 Studio 48 will have dancers here to entertain during dinner in the Dining Room.

Dec. 28 After lunch in the Dining Room, we will have our annual White Elephant Chinese Fire Drill game. Be sure to bring a wrapped white elephant article. It's tons of fun, so don't miss this one!



January



Jan. 9 Nancy and Friends will be here during dinner to entertain.

Jan. 11 We are having a Bread Making Contest! It can be made with a bread maker or by hand, it can be made with yeast or not - it just has to be some kind of bread. Bring the loaves down to lunch; the baker of the best bread will win a prize!

Jan. 18 Ray Berig will entertain in the Dining Room with his guitar playing and singing, beginning at noon.

Jan. 21 Martin Luther King Day - so to honor him and the "Equality" State of Wyoming, we will have a Wyoming Day with fun games.

Jan. 29 During lunch, our Kitchen Band will entertain and lead us in the celebration of Kazoo Day.

Jan. 28 - Feb. 4 Our annual "Souper Bowl" Collection for Super Bowl Sunday - bring your non-perishables down and after lunch on Feb. 4, we will take our donations to the Food Kitchen.



The Gift of Food by Carolyn Benepe – Community Nutrition Director

During this holiday season give your body the gift of good food. Along with all the holiday goodies be sure to include plenty of fruits, vegetables and whole grains in your daily fare. As much as we all delight in eating holiday treats it's also important to include colorful, nutrient-dense choices to help foster optimum health over the winter months. Also consider stepping up your physical activity level over the holidays to help balance out those extra cookies.

From all of us in the Senior Center Nutrition Program we wish you a Happy Holidays.

We Sincerely Appreciate Your Contributions!

Thank you for your generous donations in support of the Sheridan Senior Center. Your investment in the important work we do for seniors throughout Sheridan County, allows these services to continue.

Program Donations through Nov. 5, 2007

Day Break

NARFE
Lorraine Duerst

General

Le Roy Husman
Leroy & Anne Detavernier
Lyle Knutson
Bethany Hunter
Saturday Morning AL-ANON
Lolita Anderson
Lyle Knutson

Emergency Fund

Anonymous

Endowment Fund

Joann Mulcahy
Nancy Rogers
Mr. & Mrs. Chuck Olson

Meals Program

Esther McKenzie
Susan Huber
Carol Anne Conrad
Joanne Kemper
Andrew Black
Selmer Moeller
A.M. & Mary Burton
Judi Nickerson
Homer A. Scott Jr.
Robert & Margueritte Way
Saturday Step Study
Jim Wilson
Barbara Sare
Don Knievel

Mini Bus

Just Today AL-ANON
Doug & Carmen Rideout

Newsletter

Ruth Vannoy
Mary T. Dowling
Winifred & John Miller
Mabel Parker
Darrel & Kathy Leno
Richard & Marie Hoeck

Operation Independence

Johnny & Irene Kuncheff
VFW Auxiliary No. 1560
Robert Prusak

The Senior Center sent this newsletter directly to you, free of charge. It costs the Center \$.75 for each copy that is printed and mailed. If you would like to make a contribution to our newsletter please feel free to do so.

The Senior Center SheridanAires'

Winter Concert 2007



Thursday, Dec. 6th at 1:30 p.m.
Refreshments following: no charge

Friday, Dec. 7th at 7:15 p.m.
6:30 p.m. Dessert: \$3.00 suggested donation



Sheridan Senior Center

"Quality of Life...Later in Life"

211 Smith Street • Sheridan, WY 82801

NON PROFIT ORGANIZATION
U.S. Postage Paid
Sheridan, Wyoming 82801

Permit #41

Phone: 307-672-2240

Fax: 307-674-9866

Email: sscc@fiberpipe.net

www.sheridanseniorcenter.org

Dec.-Jan. Senior Center Activities

SATURDAY DEC. 1	Start the holiday season off with the four-part harmony of Patchwork at noon.
WEDNESDAY DEC. 5	The most wonderful time of the year! We are excited to have SPECTRUM from Sheridan High School under the direction of Ashly Lecholot , at noon.
THURSDAY DEC. 6	The SHERIDANAIREs presents their Winter Concert at 1:30 p.m. Refreshments served following performance. There is no charge. Bring the family!
FRIDAY DEC. 7	The SHERIDANAIREs presents their Winter Concert at 7:15 p.m. following a delectable desert served at 6:30 p.m. A \$3.00 suggested donation will be graciously accepted at the door.
TUESDAY DEC. 11	Get those cards in the mail! We'll have the cards, music, and cookies. You bring your address book and stamps. <i>If you need help we want to do that too!</i> Sign up to help or if you need help by calling 672-2240 .
THURSDAY DEC. 13	We are bringing back a tradition. Sign up for a piping hot SOUP SUPPER AND LIGHT TOUR . Supper served at 6:00 p.m. followed by chauffeured ride of the city. Suggested donation of \$4.00 .
FRIDAY DEC. 21	Have the Merriest Christmas ever. Join the great music, fun and laughter of friends at the monthly JAM AND DANCE from 6:30 – 8:30 p.m.
SATURDAY DEC. 22	Under the direction of Shawna Goldhammer , the STUDIO 48 DANCERS entertain our dining room at noon.
TUESDAY DEC. 25	CHRISTMAS HOLIDAY Center and Transportation hours: 8:00 a.m. – 1:00 p.m.
MONDAY DEC. 31	The annual PINOCHLEFEST begins at 2:00 p.m. lots of cards, bring a dish food and prizes!
QUILT AND FIBER SHOW!! Pick up entry forms now and return by January 17 .	
TUESDAY JAN. 1	New Year's Holiday Center and Transportation hours: 8:00 a.m. – 1:00 p.m.
THURSDAY JAN. 3	Movie at 12:45 p.m. Jacques Cousteau's AMAZON; Journey to a Thousand Rivers .
THURSDAY JAN. 10	Guitarist RAY BERIG entertains at noon.
THURSDAY JAN. 10	Movie at 12:45 p.m. Time Life Video presents, The Wild Shores of PATAGONIA .
FRIDAY JAN. 11	Attend the SHERIDAN COLLEGE GENERALS AND LADY GENERALS biggest game of the year! They take on the region champions from N.E. Colorado. Games begin at 6:00 & 8:00 p.m. If you need a ride call us at 672-2240 but don't wait until the last minute!!
TUESDAY JAN. 15	The LATE NIGHT SHOW! <i>Sheridan High School National Honor Society</i> takes the reins to showcase their many diverse talents and then some. Program begins at 7:00 p.m.
THURSDAY JAN. 17	Movie at 12:45 p.m. Produced by the Denver Museum of Natural History, AZTEC: the Present past .
SATURDAY JAN. 19	Rescheduled from Oct., this presentation of the history of WYOMING WOMEN begins at 1:00 p.m. Presented by six women from Buffalo, their purpose is to teach the legends of the women of Wyoming that helped to establish statehood. The women at conclusion will serve tea and cookies.
THURS., JAN. 24 THROUGH SUN., JAN. 27	ANNUAL QUILT AND FIBER SHOW. Make sure that you return your forms by January 17. Be sure to label all your submissions with your contact information.
FRIDAY JAN. 25	JAM AND DANCE from 6:30 – 8:30 p.m. Bring the whole family!!
THURSDAY JAN. 31	Movie 12:45 p.m. Time Life Video presents HOLY LAND: A Wilderness Like Eden .

Be prepared to file your 2007 tax returns by collecting the following documents now: 1) Last year's tax return, 2) W-2 9 wage and tax statement, 3) 1099-INT 9 interest Income), 4) 1099-DIV (Dividends), 5) 1099-R (Distributions from pensions, amenities or retirement or profit sharing plans, IRAs, Insurance contracts 6) Social Security Statements, 7) Railroad retirement statement. Volunteer tax preparation assistance will begin the first week of February by appointment.

Beginning Thursday Jan. 10 certified instructor **Wendy Condradt** will offer beginning YOGA classes. The Class will meet for a 6-week period from 8:15 – 9:15 a.m. **There is no charge**.

Find the laughable side of a situation and you will reduce the emotional tension, which is part of our stress. This is the therapy philosophy behind the **LAUGHTER CLUB**. Beginning **Wednesday, Dec. 5th** at 5:30 p.m., **Lynn Gordon** invites you to attend for an hour of Laughter Therapy. These sessions will meet each Wednesday and have a **charge of \$5.00**.

*This edition of the Center Stage is dedicated to Matt Perkins --
Senior Center son, friend and employee*

To All our Senior Center Friends and Staff:

"The task of thanking each of you is overwhelming so our family would like to take this opportunity to thank each and everyone for all the acts of kindness, comfort, thoughts and gestures during the past month and a half."

Jim, Jane, Maureen & Anna Perkins



Our son taught us these things and we desire to follow his example:

*I will smile
I will laugh
I will have fun, no matter what
I will give a girl my sweater when it's cold
I will open the door for her
I will hold the umbrella for her
I will say, "I love you" to my parents every night
I will go fishing with my grandfather
I will show kindness to a total stranger
I will never make fun of a person less fortunate
I will never hold a grudge
I will make peace with my God
I will smile
I will laugh
I will have fun, no matter what*