

**October
November
2009**

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



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Phone Numbers

Main: 672-2240

Mini Bus: 674-9272

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Center Stage

Putting a Spotlight on news you can use...

Paperwork by Carmen Rideout - Executive Director

I usually like to write a piece on the front page of Center Stage to inspire, to update, to thank, to report on or to tell you in general how the Center is doing. In this edition - I am asking for help from those of you who use the Center. Yep - it's about paperwork!

Ideally we would just like you to come down to the Center and have lunch, spend time with friends, or take a class - relax! The largest percentage of our funding comes from the Federal and State governments. We are paid from these sources based largely on the numbers of people we serve. It makes sense, the more people that need and use the programs the more money it takes. In order to document that we are serving *real* people we need to complete paperwork on each person 60 years of age and older that use our services. This required paperwork is confidential and must be updated every year.

This is not new but we need to make sure we are able to document all of the



people we serve. If we are unable to collect this information we cannot document that services were provided - whether it is a meal, a ride, a homemaking visit, or an activity. In this case we won't get paid. Federal and State Funds help us keep the cost to our customer down and affordable to all with suggested donations and sliding scale fees. The Wyoming Aging Division uses this information to show Administration on Aging that our State can justify the funds it is receiving. Dollars are more competitive than ever and if we cannot show that the money is needed we will not receive it.

We appreciate your help and patience. You will be hearing from friendly employees and volunteers at the Center; "Will you make a trip to the Center to fill out some forms?" or "It's that time of year again!" We want to thank you in advance for your patience and cooperation. You are helping us do our jobs and this in turn helps keep Senior Center Programs going strong.

IMPORTANT NOTICE: THE SHERIDAN MINI BUS WILL NOT BE MAKING TRIPS TO BILLINGS, CASPER, OR GILLETTE FOR MEDICAL APPOINTMENTS AFTER SEPTEMBER 30, 2009!

The grant program that supported these trips statewide for transit agencies has been cut effective the end of the month. The Senior Center will continue to look for other funding to reinstate this program.



Sheridan Mini-Bus
Public Transportation
674-9272

Partnerships in the Community by: **Rindy West - Development Director**

As the colors of fall start to trickle into the threads of the Center we continue to make plans for events and activities involving the community. The Sheridan Senior Center is based on community and therefore, we try to develop events and programming that involve individuals of all ages and backgrounds.

The first example of a recent partnership with the community, was the Luau Day, sponsored by First National Bank of Sheridan on September 3rd. More than 250 people were served a meal of Hawaiian Chicken, Baked Sweet Potato, Key Largo Vegetables, Tropical Fruit Salad, Coconut Macaroon, Fruit Punch (donned with an umbrella) and fun! All participants had a blast and we appreciate First National Bank of Sheridan's sponsorship. First National Bank is proud to be newly open and serving Sheridan and the surrounding communities. The bank has a community oriented philosophy and we thank them for their support of Luau Day. If you see an FNB employee please let them know how much we appreciate their contributions!



As you can see, this is a great way to get your business name in front of more than 2,500 individuals and supporters of the Center. If you are interested please give us a call!

A big thank you also goes out to HUB-BHJ International for allowing us to display our "Living Well" advertising in their window and a huge

thank you to Parker's Glass Shop and Bella Graphics for sponsoring the poster advertisements. We really appreciate you! Have a great and colorful fall!

Linking Individuals to Community Services by **Lois Bell - LINC'S Coordinator**

Since joining the Senior Center staff in July as the LINC'S (Linking INdividuals to Community Services) Coordinator, I have been meeting with individuals and groups to tell them about the program. In these meetings, I've asked people to keep a look out for someone they know who may need help and to let me know of anyone I can visit. The Senior Center provides many services that could help: transportation, housekeeping, cooking, shopping, prescription assistance, hearing/dental/vision assistance, caregiver support, Day Break services, and equipment loans from the loan closet. If we don't have the services for someone, there are

organizations in town that do. We will work to get folks connected to what they need.

I've met people who don't know anything about what the Center has to offer and are interested in getting more information. I have also met folks who come to the Center but don't know about all the wonderful services we have going on. I've been working with the directors of each program to see what they would like people to know about the services we provide and I've been helping get the word out. I am so impressed with the response time at how quickly staff members at the Center have

responded to folks who needed help or information. So, if you don't know where to start, call to the Senior Center.

Daily I work to contact people about the LINC'S program to find people who may benefit from what we have to offer; so, if you are a group that could help us in our endeavor, give me a call and together we can work as a team to meet the needs of our community members. **Lois Bell** can be contacted at the Senior Center at **672-2240** or **751-6557**. Or stop by at 211 Smith Street to talk with her directly.

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, 2009 through February 28, 2010**. The application must be signed by everyone in the home that is over the age of 18, provide ID's on everyone in the household, proof of income on everyone in the household (wages, child support, social security income, etc) and provide a fuel bill. The LIEAP program works on income eligibility. This is determined by the household size of the family. Gross Income maximums per month are \$1,893 for a single person; \$2,475 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**.

Volunteer Spotlight by Nancy McKenzie - Volunteer Director

At age 81, Marian Harshman (pictured right) is full of energy and has a contagious positive attitude. She is truly an inspiration to others with her love for life and vitality; she is simply a joy to be around. One of her daily personal goals is to bring joy and laughter into someone else's life, and those who have the privilege of knowing her can attest that she does just that!



Marian volunteers her time to the Senior Center three days a week. Twice a week, she delivers Home Delivered Meals to Sheridan Square residents. Each Tuesday morning she can be found playing the piano from a wide range of genre's, and leading sing-a-longs in Day Break, where she is a pro at getting everyone involved. She then accompanies the group to lunch and assists clients during their meal. Marian is invaluable during Day Break outings to community restaurants; she is the perfect hostess making sure everyone is safe and having the best time possible. According to Day Break Director, Barb Gibbons, "Day Break clients and staff look forward to Marian's visits. It's like a ray of sunshine in our day." One Day Break client stated, "I live alone and if it weren't for this place, I'd sit at home alone. There are so many things I can't do now. It is nice to be around people like Marian who are so positive and who will visit with me and brighten my day."

Marian loves music and also volunteers her time playing the piano for the monthly Senior Center dances. She states, "I have played the piano for 70 years. Music is good for the soul, heart, ulcers and corns." Marian is an asset to our Senior Center and we thank her for sharing her time, talent, and compassion with us!

Comforts of Home by: Barbara Gibbons - Day Break Director

What is needed to make a place feel like home? Familiar surroundings, a comfortable chair, people you care about, or just that feeling of belonging? Day Break Elder Care Services strives to provide all of the above to the senior citizens of Sheridan County. Participants commented that the reason they consider Day Break a comfortable place is the relaxing atmosphere and the friendly people.

We have an excellent track record with getting new people involved and providing an enjoyable experience that most look forward to coming back. We serve those who wish to get out of the house and meet with others and/or need assistance with everyday activities. Clients choose what they wish to participate in and are encouraged to be independent. Many people see Day Break as a "club". Some attend for a particular activity, such as Bingo, reading group or entertainment offered in the dining room. Others see it as a place to help others, as a volunteer would. If you walked into Day Break right now, you might find a group participating in a game of Wii bowling, indoor horseshoes or debating over the answers to the world's largest crossword puzzle. There are a wide variety of activities to choose from.

Day Break is always stepping out of the Center to enjoy what our community has to offer. Activities include: picnics in the park, riding the trolley car, walking in Whitney Commons Park and visits to museums and restaurants. All of these outings are provided free of charge to the clients through the Rauzi Endowment Fund.

Day Break also benefits the family caregiver by providing relief from care and reassurance that their loved one is safe. Services are affordable and transportation to and from the Senior Center is included. It also gives caregivers the opportunity to work, volunteer, run errands or just take a break. If you are interested in Day Break, call or stop by the Senior Center. Come see what a great program we provide, experience the comforts of home.

SENIOR CENTER FLU CLINIC

FLU CLINIC: THURS., OCT. 8TH, 8:00 A.M. - 11:30 A.M.

Senior Center Community Room

Please enter through the Administration Door on the South East corner of the building

Pre-Registration: Wed., Oct. 7th, 8:00 a.m. - 5:00 p.m.

(Pre-Registration is not mandatory but highly recommended)

Senior Center Lobby

Flu Clinic Sponsored by: **Sheridan County Community Health Services**

The Center would like to Acknowledge & Thank our **Local AARP Chapter #676** for their assistance with the Flu Clinic

Abuse, Neglect and Exploitation by Diane Feather – In-Home Services Director

Abuse, neglect and exploitation . . . difficult subjects to discuss, but very important. We are all aware of the horrors of child abuse. We have heard the stories. But what about the abuse of vulnerable adults? It's seldom discussed, but is way too common.

According to the National Center on Elder Abuse, it is estimated that between 1 and 2 million Americans age 65 or older have been injured, exploited or otherwise mistreated by someone on whom they depend. It is hard to pin down the numbers because mistreatment of adults often goes unreported. Current estimates put the reporting of financial exploitation at only 1 in 25 cases. Overall, it is estimated that for every one case reported, five cases of abuse, neglect and/or exploitation go unreported.

The State of Wyoming defines mistreatment of vulnerable adults as *abandonment* (leaving a vulnerable adult without financial support or the means to obtain food, clothing shelter or health care), *abuse* (the intentional infliction of injury or unreasonable confinement), *exploitation* (depriving the individual of their money, assets or property), and *neglect* (failure to provide food, shelter and health care). A *vulnerable adult* is defined as a person who is unable to care for himself or his property without assistance. It is estimated that more

than 60% of all perpetrators of adult abuse are family members, followed by caregivers and service providers.

If you suspect someone might be being mistreated, please contact the local Department of Family Services office, or the Police Department or feel free to contact Diane Feather at the Senior Center.



Alzheimer's Memory Walk by Stella Montano – Family Caregiver Director



What a fun and very successful Alzheimer's Memory Walk we had...held on August 29, 2009 at Whitney Commons Park. There were approximately 50 participants, wearing brightly colored purple shirts stating, "WALK To End Alzheimer's".

Over \$2,000 was raised to help fight this disease. What impressed me most of all, was the enthusiasm and energy that was so apparent. As I walked along with different people, they all had stories of what brought them to the walk and why it was important to them. It felt very comfortable as we all came

together as a team and were part of a common goal.

Some people had current family members suffering from Alzheimer's Disease and others were walking in memory of a loved one they had lost to the disease. One person brought the picture of her grandmother, who is in her 90's and is suffering from Alzheimer's. She held the picture as she did her walking and reminisced of better days spent with her grandmother. Things always seem a little bit brighter when you have someone to share your situation with.

The Family Caregiver Program can offer support if you are dealing with a family member suffering from Alzheimer's Disease. We offer two support groups and have a variety of books and other resources. Our Day Break Program will care for your loved one at no charge while you attend a caregiver support group. If you're contemplating if this support group is right for you, give us a try. We meet on Mondays, once at 10:00 a.m. and again at 5:30 p.m. Do something today to help yourself.

October Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Photo Contest in the display cases.					
12:30 Pinochle	4 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	6 9:00 Crafts 9:30 Sr. Theater 10:00 Dominoes 10:15 Watercolors 12:15 Bingo 1:00 Beads 1:30 Dancercise 5:30 AL-ANON	7 8.5- PRE-REGISTRATION FLU 9 & 10 YMCA Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON	8 8:00-11:30 FLU SHOT CLINIC 9:00 Choir 10:15 Watercolors 12:30 Pinochle 1:30 Line Dancing 5:30 Yoga 5:30 Movie	9 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong	10 9:30 AL-ANON 12:30 Pinochle Evening Stage 7:00
12:30 Pinochle	11 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure. Chilcott 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	13 9:00 Crafts 9:30 Sr. Theater 10:00 Dominoes 10:15 Watercolors 12:15 Bingo 1:00 Beads 1:30 Dancercise 1:00 Defensive Driving 5:30 AL-ANON	14 9 & 10 YMCA Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 1:00 Defensive Driving 3:00 Woodburning 7:00 AL-ANON	15 9:00 Choir 10:15 Watercolors 12:30 Sr. Writers Readings 1:30 Line Dancing 5:30 Yoga 5:30 Movie	16 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:30 AARP 6:00 Harvest Moon Ball	17 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle
12:15 Bingo 12:30 Pinochle	18 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	20 9:00 Crafts 9:30 Sr. Theater 10:00 Dominoes 10-1 Veterans' Interviews 10:15 Watercolors 12:00 NARPE 12:15 Bingo 1:00 Beads 12:30 Visually Impaired 1:00 Beads 1:30 Dancercise	21 9 & 10 YMCA Fitness Class 10-1 Veterans' Interviews 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON	22 9:00 Choir 10:15 Watercolors 12:30 Pinochle 1:30 Line Dancing 5:30 Yoga 5:30 Movie	23 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:15 Singles Group 6:30 Jam & Dance	24 9:00 Pool Tournament 9:30 AL-ANON 12:30 Pinochle
12:30 Pinochle	25 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure. Chilcott 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	27 9:00 Crafts 9:30 Sr. Theater 10:00 Dominoes 10:15 Watercolors 12:00 Board of Directors 12:15 Bingo 1:00 Beads 1:30 Dancercise 5:30 AL-ANON	28 9 & 10 YMCA Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON	29 9:00 Choir 10:15 Watercolors 1:30 Line Dancing 5:30 Yoga 5:30 Movie	30 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong	31 9:30 AL-ANON 10:00 MS Support 12:30 Pinochle

OCTOBER 2009 ACTIVITIES

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Another opportunity to **keep it moving**. This '**Walking Group**' will meet each **Tuesdays at 9:00 a.m. at the YMCA beginning October 6th**. Lenora Aksamit and Kathy Blank have volunteered to walk with or be of assistance to you. There is no sign up or membership needed. You may use the back door of the YMCA if you need convenient access to the walking gym. Call Patty at the YMCA or Jane at the Senior Center for more information.

The **Summer Photo Contest** photos are up and we need you to cast your ballot for your favorite top ten photos based on content only, through the month of October. The winners will receive a gift certificate from the Kiosk at the **Photo Imaging Center** in Sheridan. Ballots are available at the Senior Center Front Desk.

Experience the musical excitement of the '**Evening Stage**' with your host **Mark Paninos** on the 2nd Saturday of each month featuring local musicians and vocalists of the Sheridan Area and dancing from **7:00-9:00 p.m.** Free to folks 60 or better, and 12 and under, \$5.00 for all others. Mark your calendar for **Saturday, Oct. 10th**.

We want you to come **Thursday, October 15th at 12:30 p.m.** to hear *nine writers read their work*: it'll be funny, it'll be sad, it'll have ya singing a melody on your way home. This blast of entertainment is compliments of the **Sheridan Senior Writers Group**.

Can you believe **Friday, October 16th** we will celebrate the 20th ANNIVERSARY of the **HARVEST MOON BALL?!** This family event was originated by Shellie & Buzz Powley and Jean Harm as a pancake supper. Come celebrate with us at the original location, the **Dayton Community Hall** with a delicious chicken dinner and dancing music by **BANDANA**. This event is from **6:30-9:30 p.m.** with a suggested donation of \$5.00 at the door. Sign-ups are encouraged by calling **672-2240** and everyone is invited. Come see Jean and some of the new faces that have arrived in the past 20 years.

JAM AND DANCE is still going strong; Mark your calendar for **Friday, October 23rd** beginning at **6:30 – 8:30 p.m.** Thank you to our faithful and talented musicians for making this possible and to all who attend!

CALLING ALL VETERANS!! If you do not already have your photo featured on our '**Wall of Honor**' please make sure to visit with Margaret Pilch, Ph.D. on either **Monday, October 19th or Tuesday, October 20th, between 11:00-1:00 p.m.** Margaret will interview you and take your photo which will then be on display the month of November in honor of Veterans Day.

Sign-up for the next **POOL TOURNAMENT** scheduled for **Saturday, October 24th at the Sheridan Senior Center**. All skill levels, men and women are encouraged to give it try! Double elimination starts at **9:00 a.m.** August winners include: *Ridge McKinley, Doug Achterhof, Clarence Montano, Pam Stevenson, Jacky Jones, and Pat Rowe*.

Who doesn't love to go "**SINGIN IN THE RAIN**"? We've reserved 20 seats, for the **2:00 p.m. matinee show on Sunday, November 1st** to enjoy this all time favorite on the **WYO THEATER** stage. Tickets will be available at the Senior Center front desk after October 27th at a group rate of \$16.00 a ticket. Give us a call at **672-2240** if you will need a ride.

Wednesday, November 11th, Veterans Day. Come to lunch at the Senior Center as we honor our local veterans.

Experience the musical excitement of the '**Evening Stage**' with your host **Mark Paninos** featuring local musicians and vocalists of the Sheridan Area and dancing from **7:00-9:00 p.m.** Free to folks 60 or better, and 12 or under, \$5.00 for all others. Mark your calendar for **Saturday, November 14th.**

JAM AND DANCE will be held on **Friday, November 20th from 6:30 – 8:30 p.m.** Thank you to our faithful and talented musicians for making this possible and to all who attend! Don't forget to mark your calendars.

Tuesday, November 24th, Jeff Rogge, MPT, with WESTVIEW Health Care Center presents the advantages of '**Trigger Point Dry Needling**'. This is a physical therapy treatment used to decrease muscle pain. The lecture will focus on the benefits of applications and appropriate uses with emphasis on the geriatric population. **Presentation begins at 3:30 p.m.** and is open to the public at no cost.

SHERIDAN COLLEGE BOYS BASKETBALL GAMES

The **Mini-Bus** is offering **transportation** to the Sheridan College Basketball games. There must be a minimum of 5 riders and a maximum of 14 with a cost of two bus tickets or \$5.00 cash. Rides are being scheduled for the following dates:

Saturday, November 14th: boys 5:00 p.m. against Otero Junior College

Saturday, December 12th: boys play at 5:00 p.m. against Gillette

Saturday, January 23rd: boys play at 7:30 p.m. against Dawson

Saturday, February 20th: boys play at 5:00 p.m. against Casper

Deadline for transportation sign-ups are the Wednesday before each game date, but please don't wait. Call 677-9272 to schedule your ride today.

Don't forget **THURSDAY NIGHT MOVIES (through November 19th)!** Brown bag your supper and relax for the evening with friends and a movie in the comfort of a Day Break recliner. Popcorn and pop provided, all free of charge. Movie begins at **5:30 p.m. Be sure and use the north entrance.**

Mark your calendars for the **SHERIDANAIRE'S Winter Concert "A Season for All Seasons"**. Matinee performances **Thursday, December 3rd & Saturday, December 5th at 1:30 p.m.** and Evening performance **Friday, December 4th at 7:15 p.m.** dessert served at 6:30 p.m. with a suggested donation of \$4.00.

November Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 12:30 Pinochle 2:00 Singing In the Rain @ the WVO</p> <p>DAYLIGHT SAVINGS</p>	<p>2 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support</p>	<p>3 9:00 Crafts 9:30 Sr. Theatre 10:00 Dominoes 12:15 Bingo 1:00 Beads 1:30 Dancercise 5:30 AL-ANON 6:00 Democrats</p>	<p>4 9 & 10 YMCA Fitness Class 11:30 Mo & Barb Campbell 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON</p>	<p>5 9:00 Choir 10:15 Watercolors 1:30 Line Dancing 5:30 Yoga 5:30 Movie</p>	<p>6 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong</p>	<p>7 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle</p>
<p>8 12:30 Pinochle</p>	<p>9 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Pat Chilcott 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support</p>	<p>10 9:00 Crafts 9:30 Sr. Theatre 10:00 Dominoes 10:30 Watercolors 12:15 Bingo 1:00 Beads 1:00 Defensive Driving 5:30 AL-ANON 6:00 Woodcarvers</p>	<p>11 9 & 10 YMCA Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Defensive Driving 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON VETERANS DAY</p>	<p>12 9:00 Choir 10:15 Watercolors 12:30 Pinochle 1:30 Line Dancing 5:30 Yoga 5:30 Movie</p>	<p>13 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:30 AARP</p>	<p>14 9:30 AL-ANON 12:30 Pinochle 7:00 Evening Stage</p>
<p>15 12:15 Bingo 12:30 Pinochle</p>	<p>16 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support</p>	<p>17 9:00 Crafts 9:30 Sr. Theatre 10:00 Dominoes 10:30 Watercolors 12:00 NARFE 12:15 Bingo 12:30 Visually Impaired 1:00 Beads 1:15 Dancercise 5:30 AL-ANON</p>	<p>18 9 & 10 YMCA Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON</p>	<p>19 10:00 Choir 10:30 Watercolors 1:30 Line Dancing 2:00 Writers 5:30 Yoga 5:30 Movie</p>	<p>20 8:30 Leisure Pool 9 & 10 YMCA Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:15 Singers Group 6:30 Jam & Dance</p>	<p>21 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle</p>
<p>22 12:30 Pinochle</p>	<p>23 8:00 Tai Chi 9 & 10 YMCA Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Pat Chilcott 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support</p>	<p>24 9:00 Crafts 9:30 Sr. Theatre 10:00 Dominoes 10:30 Watercolors 12:00 Board of Directors 12:15 Bingo 1:00 Beads 3:30 West View Presentation 5:30 AL-ANON 6:00 Woodcarvers</p>	<p>25 9 & 10 YMCA Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 3:00 Woodburning 7:00 AL-ANON</p>	<p>26 THANKSGIVING DAY CENTER OPEN 8:00-1:00 p.m.</p>	<p>27 THANKSGIVING HOLIDAY SR. CENTER OPEN 8:00 - 1:00 p.m.</p>	<p>28 9:30 AL-ANON 10:00 MS Support 12:30 Pinochle</p>
<p>29 12:30 Pinochle</p>	<p>30 8:00 Tai Chi 9 & 10 YCMA Fitness Class 10:00 Caregiver Support 12:30 Pinochle 1:00 Mosaics 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support</p>					

Mini Bus receives STAR Award by **Barbara Daugherty – Transportation Director**



Sheridan Mini-Bus

Public Transportation
674-9272

Some of you have called to congratulate us on the Star Award we received from the Beverly Foundation. We are honored to be among the 22 of 450 that received national recognition from this organization.

While the Beverly Foundation's early program focused on reinforcing and extending the health potential of the frail elderly residing in institutions, today the Foundation undertakes research, demonstration and assistance to encourage senior mobility and transportation within and beyond the immediate community. The senior mobility agenda emphasizes transportation options for seniors who find it necessary to "give up the keys."

While the Beverly Foundation plans and initiates many of its own projects, since 1998, it has developed numerous partnership agreements for these projects. The Community Transportation Association of America is one of the partnering organizations. CTAA provides

one of the training programs for our Mini Bus drivers. Partners working together to bring public transportation to our community.....what a wonderful concept!

As a result of our STAR Award which in part was to promote evening transportation, we will be working with the Activities Director, Jane Perkins, to set up some evening activities. Watch for Mini Bus transportation opportunities to the WYO Theater, Sheridan College basketball games and a variety of other activities.

Please remember to call the Mini Bus as soon as you have an appointment scheduled so that we can better serve you. If we are booked at that time we will try to accommodate you at another time. Remember, we'll schedule you for a round trip ride so your wait for a ride is minimal. Those that do not schedule a return trip have to be fit in between previous scheduled trips, which could increase your wait time.

As always, we want to serve you the best that we can. Don't forget to call us for a ride at **674-9272**.

We Sincerely Appreciate Your Contributions!

Your investment in the important work we do for members of our communities throughout Sheridan County, allows the Center to continue the great services we provide. If your name was inadvertently omitted from any of our donor lists, please contact the Senior Center so that we can correct the omission. With much gratitude, we thank you so much for the contributions given to the Center daily.

Volunteer Opportunities



Caring individuals are being sought after for the Sheridan Senior Center's Senior Companion program.

Senior Companions offer friendship and support to isolated adults. A tax-free stipend of \$2.65 per hour, and additional financial and personal benefits are available for qualified applicants. If you are interested in learning more about this important Senior Center program, please contact **Nancy McKenzie, Director of Volunteer Services at 672-2240** or stop by to visit he at the Senior Center.

The Senior Center sent this newsletter directly to you, free of charge. It costs the Center \$.90 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.

Memorials

Dorothy Alderson

Tom & Barbara Hurst

Henry L. Arnoux

Rachel Pelissier

Mary H. Doerr

Jim & Nancy Laughrey

Ione & Richard Lenz Sr.

C.W. Bill Babcock

Neil & Norma DeLapp

Richard & Jamie Hammer

Paul & Jeanette Reinke

Carol Ann Malli

Dephine Toner

John & Rose Zowada

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HARVEST MOON BALL



Friday, October 16, 2009

6:30-9:30 p.m.

at the

Dayton Community Hall

Bring the entire family!

Chicken Dinner to be served
(suggested donation of \$5.00 at the door)



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