

Older Americans Month

Senior Health & Wellness Days set

From staff reports

May is Older Americans Month, and Sheridan is celebrating with the Fourth Annual Senior Health & Wellness Days — “three days of fun and social and physical activities for everyone’s body, mind, and feeling of well-being,” according to a news release from event sponsors.

The release states that activities for those age 50 and older will take place May 28, 29, and 30 at the Sheridan County YMCA, Sheridan Senior Center, the Recreation District’s Highland Park Center (in the old Highland Park School), “and other venues around town.”

The release adds:

“The citywide event will include mind and body exercise opportunities in gym and water classes, music and movement classes, racquetball, pickleball, table tennis, golf, bridge, swimming, track and field, bowling, bingo, billiards, a walk in the park, horseshoes, an afternoon dance, a fitness assessment, and other fun pastimes.

“There is no cost (except for golf and bowling fees), and participants are entitled to a free lunch each day they participate, a free T-shirt (for the first 50 people to register), and chances to win daily door prizes.

“Sheridanites are encouraged to share in the fun and bring a friend. Rides will be provided to certain activity sites, and all participants will receive a free pass to the YMCA good for one week.”

Registration will take place 9 a.m. May 28 at the Senior Center, 211 Smith St., or participants can preregister at the Y beginning Monday.

Sponsors are the Wyoming Community Foundation, Senior Center, YMCA, Sheridan Recreation District, and Wyoming Rehab. For more information, call Dave or Suzanne McClintock at 672-3276.

Jacky Jones and Dan Felde, both of Sheridan, play RV golf at Whitney Commons during the 2007 Senior Health and Fitness Week at the end of May.

Courtesy photo

