

# Senior Wellness event planned



The Sheridan Press/Michael Sullivan

Darlene Felde of Sheridan returns a serve during a game of doubles table tennis Wednesday at the Sheridan Senior Center. Felde said she will be playing in the table tennis competition during the Senior Health and Wellness event Wednesday and Thursday.

- Numerous activities slated for those over 55

## *From staff reports*

Men and women age 55 and over can play pickleball, do zumba (move to Latin music), and participate in a number of other physical activities at the Senior Health and Wellness event Wednesday and Thursday in Sheridan.

According to a press release from the Sheridan Senior Center, "Activities are selected to encourage social and physical well-being with the goal to remain or regain healthy living."

The event begins Wednesday with registration and kickoff from 9-10:30 a.m. Participants can register at the Senior Center or at individual event sites.

A number of activities are planned the first day, all at the YMCA except bowling, which will be at Cloud Peak Lanes, and Wii bowling, which will be at Heritage Towers. A \$7 fee will be charged at Cloud Peak Lanes.

One of Thursday's highlights will be a golf scramble at Kendrick Golf Course. A \$10 fee will be charged, and that includes nine holes of golf and a cart. Teams of two will compete in a scramble format with a blind draw.

In case of bad weather, all Kendrick Park activities will be moved to the Sheridan Recreation District Highland Park facility at 1301 Avon St.

A free week pass to the YMCA will be given for all participants.

For more information, call Dave or Suzanne McClintock at 672-3276.

## Senior Health and Wellness schedule of events

**Wednesday**  
(All first-day events except bowling and Wii bowling are at YMCA.)

|                  |                                     |
|------------------|-------------------------------------|
| 5:30 a.m.-2 p.m. | Water walking/length swimming       |
| 9 a.m.-12 p.m.   | Pickleball                          |
| 9 a.m.-12 p.m.   | Instruction on exercise equipment   |
| 9-11 a.m.        | Zumba (moving to Latin music)       |
| 10 a.m.-1 p.m.   | Foot massages                       |
| 10:30-11:30 a.m. | Bingo                               |
| 12 p.m.          | Free lunch                          |
| 1-3 p.m.         | Table tennis, pickleball, badminton |
| 1:30-3:30 p.m.   | Bowling at Cloud Peak Lanes         |

1:30-3:30 p.m. Wii bowling at Heritage Towers

### **Thursday**

|                 |   |
|-----------------|---|
| 8:30 a.m.       | Golf scramble at Kendrick Golf Course                 |
| 10 a.m.-12 p.m. | Pickleball at Highland Park recreation facility       |
| 10 a.m.         | Highland Park fitness room (free use all day)         |
| 10 a.m.         | Tennis at Kendrick Park                               |
| 10 a.m.         | Walk at Kendrick Park                                 |
| 10 a.m.         | Horseshoes at Kendrick Park                           |
| 11:30 a.m.      | Concert in the park by the Craft Brothers             |
| 12 p.m.         | Lunch and ice cream for participants at Kendrick Park |