

## Senior Center to move lunch service to SJHS

**FROM THE SHERIDAN SENIOR CENTER**

SHERIDAN — The Sheridan Senior Center's meal service will move to Sheridan Junior High School at 500 Lewis St. on June 7. (The last lunch that will be served this summer at the Senior Center at 211 Smith St. is June 6). The move is required for construction to begin on the dining room and kitchen at

the Senior Center over the summer. Lunch at SJHS will be served from 11:30 a.m. to 12:45 p.m. daily.

Diners who currently drive to the Senior Center for lunch are encouraged to drive to SJHS, located .6 miles northwest of the Senior Center. Diners who utilize the Goose Creek Transit bus service can still use the bus to take them to SJHS for lunch. Handicap

parking and bus drop-off and pick-up will be closest to the building. There will be no shuttle bus from the Smith Street building.

Some activities that currently meet in the Senior Center dining room will be able to use the SJHS cafeteria space for those activities between the hours of 10 a.m. and 1:30 p.m.

The Senior Center's kitchen prepares lunch for diners at 211 Smith St. and for five congregate meal sites around the county located in Big Horn, Heritage Towers in Sheridan, the Tongue River Valley and Story. Meals for these satellite dining sites are transported from the Senior Center and will be transported from SJHS when the kitchen service moves. The kitchen also prepares more than 180 meals every day of the week for older adults throughout the county. Volunteers who deliver meals will pick up lunches at SJHS to be delivered.

"We are thrilled that we will be able to use the junior high as a temporary space for our meals program this summer," said Carmen Rideout, executive director for the Sheridan Senior Center. "I think it is the perfect spot for us in terms of size and location and we are happy to be able to serve a great meal every day



COURTESY PHOTO

Senior Center meals manager Ronda Paavilainen, stands in the hall of Sheridan Junior High School. Paavilainen and the kitchen team have been preparing to move to the school by June 7 to begin serving lunches from there while the dining room and kitchen are under renovation at the Sheridan Senior Center. Meals will continue to be served at the Senior Center's current location on Smith Street through June 6.

throughout construction. We hope to see many there throughout the summer."

The Senior Center entered into a contract with Sheridan County School District 2 to use the kitchen and dining space at SJHS while students are on summer break. Summer school students will be on location while Senior Center meals are being served

there. Terri Hayden, director of volunteer services at the Senior Center, has been in conversation with teachers about integrating the students with diners in some capacity as part of SCSD2's summer program.

Construction in the dining room is part of the Senior Center's building project made possible through a successful capital campaign

in 2015 that raised more than \$9 million.

Based on a feasibility study conducted in 2010, Senior Center staff are anticipating an increase in the number of people who will need the various community-based services the Senior Center offers. The emerging population of older adults also brings different preferences than the generation prior to them.

While some of the construction is transformation of the look and flow of the Senior Center, needed upgrades to the HVAC system, computer systems and repairs to the roof are also part of the project.

The construction of a new Day Break Adult Day Care center and expansion of the Goose Creek Transit facility that were part of the capital construction project are now complete.

The Sheridan Senior Center building will be open for administrative, loan closet and outreach services at 211 Smith St. during its usual business hours — Monday through Friday, 9 a.m. to 4 p.m. The Senior Center building will be closed on weekends and holidays through August.

The Senior Center has served noon meals 365 days a year since the inception of its meals program in the 1970s.

**CENTER STAGE**

## Construction '211' at the Senior Center

You may see that the Senior page looks a little different this week. There are two weeks of menus because on May 29, there will be no paper because of the Memorial Day holiday.

Back in March, the Senior page, where we publish the Senior Center menus, moved from Saturdays to Mondays; we'll be caught up in a few Monday holidays from now on as a result of this switch. When that happens, we'll print two weeks of menus in advance here in The Press.



LOIS BELL

So, why point out menus? A number of people who know the Senior Center may know us primarily — if not only — through our meals program, those who come to one of our six meal sites and those who receive home-delivered meals. Knowing what's for lunch is important to them...and to us!

So, construction at the Senior Center is a bit unsettling for some folks. They would like to know what's going on and how it may affect them. Back in October 2016, Executive Director Carmen Rideout started giving announcements in the dining room, plus distributed flyers we call "The 211: Construction Around the Senior Center." Then, after an announcement, we have staff circulate to answer any questions. Some staff have been eating in the dining room more frequently and sitting with folks. The topic of construction comes up quite frequently and we can answer questions one-on-one or in small groups gathered around the meal.

By the way, the name of our construction flyer was suggested by our own Development Director Rindy West. She suggested a play on the words from the 411-information number using the Senior Center's

address at 211 Smith St.

I've often told people that if the information they have on construction around the center is more than 8 seconds old, it may be outdated. Things change quite frequently when there's construction and trying to keep more than 200 people informed on what may affect them is an exercise in communication acrobatics for sure.

The construction at the Senior Center is not being done on a whim. It was carefully discussed for years before proceeding. The changes are being made because some changes needed to be made (like the HVAC system, repairs to the roof and windows) and other changes are ready for an oncoming generation.

We like to think that we're a welcoming place and we want to keep it that way, hence, some of the reasons for the changes here at the Senior Center: to be a welcoming place for the current and future people we serve.

The changes are not only for our meals program but also for our activities. Many community groups meet here at the center not only for business meetings but also for fun; we were squeezed to the hilt with people in every corner!

The construction includes expansion of flexible space that can be used for activities at one moment, and a meeting at another moment, with screens and ports for presentations or group video meetings.

Outside of our internal "211" flyer, we are grateful to our community partners — such as The Sheridan Press — for helping us get the word out. Some folks subscribe to our quarterly Center Stage newsletter. If you don't come to the Senior Center, or don't get our Center Stage newsletter, we have some information on the construction posted on our website at www.sheridanseniorcenter.org and the Center Stage newsletters are posted there under Resources/Publications.

The newsletters are chock full of construction updates. You are always welcome to call and get the "211" on construction or stop by.

Until then, consider coming to join us for lunch at Sheridan Junior High School, seven days a week, beginning June 7.

LOIS BELL is the communications director at the Sheridan Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

**SENIOR CENTER HAPPENINGS**

- The Senior Center at 211 Smith Street will be open for lunch service and home-delivered meals on Memorial Day, Monday, May 29. The building hours are 9 a.m. to 1 p.m. and lunch service is 11:30 a.m. to 12:45 p.m. All other offices will be closed in observance of the Memorial Day holiday. Full services at the Senior Center resume on Tuesday, May 30.
- The phone number for Senior Center home-delivered meals is 672-6079.
- Goose Creek Transit will operate under limited hours on Memorial Day, Monday May 29, 8 a.m. to 1 p.m. Call 675-7433 early to reserve your ride that day.
- Borrow a bike from the Senior Center. Beginning in June, come use a bike for a day or two. There is no charge for those registered with the Senior Center. A driver's license is required for all others. Those 16 and younger must be accompa-

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**memorial DAY** Sheridan Senior Center "Celebrating 40 Years of Service" www.sheridanseniorcenter.org

**Fun and Food**  
BUILD YOUR OWN SALAD Mondays - Fridays  
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Tue, May 23 - Cheese Tortellini/Meat Sauce		Wild Rice Soup
Wed, May 24 - Chicken Pot Pie		Black Bean Chili
Thu, May 25 - BBQ Pork Wing		Beef Stew
Fri, May 26 - Beef Pot Roast Dinner		Egg Salad Sandwich & Salad
Sat, May 27 - Ham & Macaroni Bake		No Kiosk on Saturday
Sun, May 28 - Country Style Ribs		No Kiosk on Sunday
Mon, May 29 - Cheeseburger Deluxe		Memorial Day No Kiosk

\*entrée only offered for Home Delivered Meals

MAY is Older Americans Month... Age Out Loud!

Tue - Cribbage	12:30 p.m.	Dining Room
Wed - Pool Tournament	9:00 a.m.	Rainbow Bar, Sheridan
Thu - Limerick Day (read your own with prior approval)	Noon	Dining Room
Fri - Conversation Pit	8:00 a.m.	Dining Room
Sun - Pinochle, double deck	1:00 p.m.	Dining Room

Mon, May 29 - Memorial Day. Lunch Service from 11:30 a.m. to 12:45 p.m. Goose Creek Transit bus service 8:00 a.m. to 1:00 p.m. All other services closed for the Holiday

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street  
Building hours: 9:00 a.m. to 4:00 p.m. Mondays - Fridays  
9:00 a.m. to 1:00 p.m. Weekends and Holidays  
211 Smith Street Sheridan, WY 82801  
Home Delivered Meals (307) 672-6079  
Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri

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**Fun and Food**  
BUILD YOUR OWN SALAD Mondays - Fridays  
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Tue, May 30 - Oven Fried Chicken		Creamy Beef & Vegetable
Wed, May 31 - Baked Breaded Cod		Cheesy Ham & Broccoli Soup
Thu, June 1 - Cheese Tortellini/meat sauce		Turkey Noodle Soup
Fri, June 2 - Hot Turkey Sandwich		Cream of Cauliflower
Sat, June 3 - Baked Potato Bar		No Kiosk on Saturday
Sun, June 4 - BBQ Pork Sandwich		No Kiosk on Sunday
Mon, June 5 - Beef Skillet/Steamed Rice		Old Fashion Chicken Noodle Soup

\*entrée only offered for Home Delivered Meals

Tue - Senior Tai Chi	8:30 a.m.	St. Peter's Episcopal Church, 1 S. Tschirgi St.
Wed - BAM! Exercise Class	9:30 a.m.	Dining Room
Thu - Cribbage	12:30 p.m.	Dining Room
Fri - Dominoes	9:30 a.m.	Dining Room
Sat - Texas Hold'em	1:00 p.m.	Dining Room
Sun - Sunday lunch	11:30 a.m. - 12:45 p.m.	Dining Room
Mon - Happy Feet Cardio	8:00 a.m.	Meet in Lobby

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