

GROUP FITNESS - July 6 - July 31

Start Time:	Mon	Tue	Wed	Thu	Fri
5:15 AM		Tabatas		Total Body	
9:00 AM	Stretch	Silver Sneakers	Stretch	Silver Sneakers	Stretch
12:15 PM	SH1FT	Sculpt	SH1FT		
5:30 PM		Yoga			

Spinning classes:**Mondays & Wednesdays 12pm - 1pm****Tuesdays & Thursdays 7:30am - 8:30am****Virtual cycling schedule available as well!**

Stay posted to the website for updates on
youth & adult sports sign ups,
and any updates to possible
upcoming trips as allowed.

**www.ccccsidney.com 308-254-7000**

Director: Michael Namuth director@cccsidney.com

Admin. Assist: Beverly Sonntag adminassist@cccsidney.com

Activities Director: Kiersten Richards activities@cccsidney.com

Sports Director: Curtis Hofrock sportsdirector@cccsidney.com



Mission Statement: Dedicated to serving the health, wellness, educational, recreational and social needs of Cheyenne County and the surrounding area.

Man 'O Man has it been hot or what!!! Well, if you're looking for cool place to workout we've got it for you. Not only are we a cool place but the temperature in the building is a nice 72 degrees. If you're walking outside in 90 degree plus heat be careful as to not over work yourself as heat stroke is not fun. Just remember we have a nice track with rubber floor that you can utilize.

Our new fitness schedule for July is now posted. You can book your slot in any of classes thru our app. If you don't have our app, please go to Google Play or the iTunes App store and search for "Gymmaster". Once you have downloaded the app just login with your email that you have provided us. If you didn't provide us with an email then you will have to call us with that info so we can input it into your account.

With Graduation for our 2020 seniors quickly approaching we would like to extend our congratulations to those seniors who are moving onto big and brighter things in their futures. If you are hosting a graduation party and need tables and chairs for the big event do not hesitate and give us a call.

If you and your family are sitting around the house looking for something to do, head on out to the ball fields and take in a baseball or softball game. We play every Monday, Tuesday and Thursday. You can watch everything from T-Ball to 12U baseball to Girls softball or catch an adult Co-Ed softball game. The kids and adults are having a blast and it's good to see the youth of our communities enjoy the summer fun.

As I wrap of this article for the month please remember to stay safe and if you need to get into shape to stay healthy we can help you obtain those goals. People that stay healthy remain healthy. Remember, stop by for a visit, the coffee is always on. Until next month.

Michael Namuth

Special Points Of Interest:

- Summer Events
- Sports Information
- Fitness Classes

Summer Hours**Mon - Thur: 5am - 9pm****Fri: 5am - 8pm****Sat: 7am - 1pm****Sun: Closed****CCCC****Happenings:**

- ~Summer sports
- ~Fitness Schedules
- ~Senior Trips
- ~Events

Ask front desk for
more details!

Wednesday, July 1: Baked fish, potato & veggies

Thursday, July 2: Hamburger w/ bun, baked beans & salad

Friday, July 3: Closed for Independence Day

Monday, July 6: Chicken noodle casserole, salad & veggie

Tuesday, July 7: McRib sandwich, veggie & bread

Wednesday, July 8: Oven fried chicken, potato & veggie

Thursday, July 9: Herb crusted pork chops, scalloped potatoes & veggie

Friday, July 10: Smothered steak w/ onions, baked potato & veggie

Monday, July 13: Honey glazed chicken, potato & bread

Tuesday, July 14: Bacon wrapped brats & bread

Wednesday, July 15: Crispy chicken salad, applesauce & veggie

Thursday, July 16: Meatloaf, potato & veggie

Friday, July 17: Cook's choice

Monday, July 20: Fish sandwich, potato & veggies

Tuesday, July 21: Liver and onions or alternate, potato & veggie

Wednesday, July 22: Spaghetti, salad & garlic bread

Thursday, July 23: Baked chicken, salad & potato

Friday, July 24: Swiss steak w/ tomatoes, potato & jello

Monday, July 27: Patty chicken, salad & veggie

Tuesday, July 28: Pork chop w/ gravy, potato & fruit

Wednesday, July 29: Chef salad, potato & bread

Thursday, July 30: Ham & sweet potato, vegetable

Friday, July 31: TBD



Congregate Meals are served at the Cheyenne County Community Center Monday thru Friday at 11:30am. The cost is \$4.00 per meal for persons age 60 and over. For persons under age 60, the cost is \$8.00. Orders for the current day's meal must be placed between 8:30 and 9:30 am on that day. Call 254-4835 and speak with the Site Manager, Judy Schaefer.

Silver Speeders

Senior Citizens gather daily at the community center to enjoy exercising activities such as Stretch Class, which is an hour filled with different stretching activities that limbers the body up and refreshes the mind. The Stretch Class meets at 9:00am on Mondays, Wednesdays and Fridays. The community center is also an approved [SilverSneakers Fitness](#) Facility. We offer the Muscular Strength and Range of Movement class at 9:00am on Tuesdays and Thursdays. If you are a Humana Medicare Policy owner you may qualify for a free membership to the Community Center. Along with our fitness class, we have discounted memberships for senior citizens including a limited senior citizen membership for walkers. We offer a wide range of other activities for seniors and collaborate with area businesses to make these activities happen.

July is off to a roaring start; our youth baseball programs are in full swing. The T-ball and Coach pitch teams will be finishing up their seasons the week of July 6th and July 13th. The Major and Minors will be finishing their league with a tournament the week of July 20th. Coed Softball is played on Thursday nights and is very busy with 13 total teams divided into two divisions.

Our 14 and Under girls' softball team, the Sidney Sluggers are playing in the league in Scottsbluff and are having to play teams much older than them, but they are doing well and winning some games. We are super proud of these girls and their coaches who have all worked extremely hard this summer. Good things are expected to happen for this team the remainder of their season and into next year. Our 14 and Under Babe Ruth baseball team is doing very well having only lost one game early in the season, we look forward to seeing them progressing throughout this season and into their legion careers. You can see both teams in action here in Sidney on Sunday July 12, 2020 starting at 1:00 P.M. on Field 3 for the girls, and the boys take the field at Legion field at 2:00 P.M. and 4:30 P.M.

Finally, the Community Center is hosting the 9 and Under, 10 and Under, and 12 and Under state Cal Ripken baseball Tournaments July 31, August 1-2, 2020. This will bring 13 teams to Sidney on this weekend and will be played on three separate fields. Volunteers will be needed to help with Official scorebooks, Pitch counts, and Field Maintenance, if you would like to help please call 308-254-7000 ext. 20.

Have an event coming up?

We have tables and chairs for rent!

Call the Center to reserve, 254-7000

6' Tables - \$5/day

8' Tables - \$7.50/day

Chairs .50/day

