

GROUP FITNESS - FEBRUARY

| Start Time: | Mon | Tue | Wed | Thu | Fri |
|-------------|-----------------|-----------------|-----------------|-----------------|---------|
| 5:30 AM | | Fat Blast 30 | | | |
| 9:00 AM | Stretch | Silver Sneakers | Stretch | Silver Sneakers | Stretch |
| 12:15 PM | Total Body Burn | Smash HIIT | Total Body Burn | Fat Blast 30 | |
| 5:30 PM | Core Insanity | Yoga | | Yoga | |

All fitness classes listed above are free of charge to members of the CCCC!

Class are available to non-members for \$5/class!

Spinning classes:

Mondays & Wednesdays 5:30am - 6:30am & 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.

'Tis the season for Resolutions. Just what are resolutions anyway? Why do we make them and then fail to follow up on them? Procrastination would be the word you are looking for. Everyone makes such a big deal out of resolutions because that is what everyone does. The reason for procrastination is that we often do not see the results of our hard work fast enough so we change our attitude about the very resolutions we swore we would follow thru with this year. Try this in 2021; make your resolutions known to someone. It could be your spouse, best friend or a colleague at work, but someone that is going to make you accountable. See if that helps with the procrastination and if you want to make that person accountable for their resolutions.

As everyone moves indoors because of the cold winter weather and as I mentioned above with everyone adhering to those "New Year's Resolutions" the center becomes remarkably busy. Remember to be courteous of others who might be waiting for a machine. Be a good workout buddy and take your weights off and put them back on the rack. Nothing is more frustrating than walking up to do your workout and having to clean off someone else's weights. If you are looking for our non-busy times, try coming mid-morning or afternoons. There are usually machines available, so you can get your workout done in a timely fashion.

The end of this month we will be hosting our annual Youth Classic. Can you believe that we have been hosting this event for 23 years? Back in the day when we came up with this idea I never in my wildest dreams thought this thing would have a run like it has. The last weekend will see 35+ teams assail upon Sidney for 3 days of fun in the gym. By the time they all head home we will have played over 100 games, engaged 60+ volunteers and probably ran over 2,500 miles. If you're looking for something to do come to one of the gyms and take in the area's best offering of basketball.

Be on the lookout for your invitation to our 16th annual fundraiser to be held at the Elks Club on April 10th. The festivities will begin at 5:30pm with a cocktail hour and half along with a silent auction. We will eat dinner around 7pm and the live auction will begin around 8pm. If you have never been to our fundraiser you need to. All monies raised go to the foundation for support of the community center activities, programs and equipment. Hope to see you there.

Remember to think of the center anytime you might need a place for a meeting or gathering plus we can help you plan that ideal birthday party for your child. We also have table and chairs to rent is you need them for your own party or get together.

That wraps it up from here. If you are in the area stop by for a visit. The coffee is always on. Hope everyone had an enjoyable holiday season and may 2021 be a great year for all.

Michael Namuth, Director

Fall/Winter Hours

Mon - Thur:

5am - 10pm

Fri: 5am - 9pm

Sat: 7am - 7pm

Sun: Noon - 6pm

CCCC

Happenings:

~Winter sports

~Fitness

Schedules

~ Fitness

Challenge

~Events

627 Toledo St.

Sidney, NE 69162

Ph: 308-254-7000

www.ccccsidney.com

Monday, Feb 8: Beef stroganoff, buttered noodles & buttered peas

Tuesday, Feb. 16: Egg bake, stewed tomatoes & hash browns

Tuesday, Feb. 9: Oven fried chicken, mashed potatoes & gravy & vegetables

Wednesday, Feb 17: Bakes fish, au gratin potatoes & green beans

Wednesday, Feb. 10: Meatloaf, chips & Spanish rice

Thursday, Feb. 18: Pork chop w/ mushroom gravy, mashed potatoes & mixed vegetables

Thursday, Feb 11: Roast pork, herb stuffing & green bean casserole

Friday, Feb. 19: Tuna noodle casserole, vegetable & fruited jello

Friday, Feb. 12: Hamburger with all the fixings, potato salad and baked beans

Monday, Feb. 22: Fiesta taco salad, with meat, cheese, lettuce and tomato, Spanish rice & refried beans

Monday, Feb 15: Homemade garden vegetable soup, egg salad sandwich & potato chips

Tuesday, Feb. 23: Sausage with sautéed peppers and onions, baked beans and buttered beets

Wednesday, Feb. 24: Porcupine meatballs, buttered noodles & creamed peas

Thursday, Feb. 25: Grilled turkey and cheese sandwich, dill pickle spear & potato salad

Friday, Feb. 26: Parmesan baked fish, creamed potatoes & carrots



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.

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.

January is in the books and with it goes the 2021 Panhandle Basketball League. The basketball league was a huge success and bigger than any of us imagined. We had nearly 40 teams across 4 divisions and played 36 basketball games each Saturday. I want to thank the referees, and coaches who all did a great job with this new league.

As we move into February we look forward to Soccer, and the sounds of bats hitting baseballs and Softballs. Soccer registration for Ages 5-12 opens on February 1st, and the season will be played in late March through the beginning of May. Registration for Babe Ruth Baseball 13, 14, 15-year old's opens February 1st, and the season will begin the last week of May through the middle to the end of July with the State tournament. We are opening this up early to ensure that we will have enough players as scheduling has already begun. Babe Ruth Baseball will be a traveling league, playing area teams and also home games as much as we can. Softball Registration is open for Girls ages 9-18 in four different divisions. This is a program I would like to see grow. League information and scheduling and will be directly dependent on the number of girls registered to play. I would like to have a local league for the 9-12-year old's and host a league for the 13-18-year old's. I am super excited about the softball program; we are currently working with area colleges to hopefully put together some day long or two-day clinics for the girls so they can come and learn a new skill. Keep your eyes on e-mails, our website, and Social Media for any information regarding all of our sports programs.

Curtis Hofrock, Sports Director

Shamrock & Roll 5k Walk/Run
March 13th @ 9am, Begin and end at CCCC
Register online or in person @ CCCC
Everyone registered by March 5th will receive a hoodie on race day

<http://getmeregistered.com/ShamrockRoll5kRun>

Contact Kiersten Richards for more information, 308-254-7000