

GROUP FITNESS - December Challenge

Start	Mon	Tue	Wed	Thu	Fri
5:15 AM		Weights & Core	Kickboxing	Weights & Core	
9:00 AM	Stretch	Silver Sneakers	Stretch	Silver Sneakers	Stretch
12:15 PM	HIIT	Transform :20	HIIT	Transform :20	Core Cardio
5:30 PM	SH1FT	Yoga Sculpt		Yoga Sculpt	

Spinning classes:

Mondays & Wednesdays 12pm - 1pm ** Tuesdays & Thursdays 5:30am - 6:30am

New class added - 8:00am Tuesday mornings!!

Virtual cycling schedule available at front desk!

Save the Date - April 4, 2020

Cheyenne County Community Center Foundation's
Annual Fundraiser @ The Elk Club in Sidney
Cocktail Hour, Dinner, Silent & Live Auction



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.

HAPPY NEW YEAR!!! I hope that everyone's holiday season was filled with company and enjoyment. I want to let everyone know that I have went to the eye doctor to see you in 2020. (haha) Just a little humor to start off the new decade.

If you haven't been in since we have fired up our new check in system please come in and check it out. We will need to update your photo for the system and if you haven't received your key tag we can get that to you also. With this new system you are able to download our app thru Google or Apple stores. Just search for the Cheyenne County Community Center Gymmaster app. This will allow you to book space in our classes, signup for a membership or renew your membership online. Welcome to 2020, right. Make a trip to the center and we can give you all the details.

I hope that everyone has pledged their New Year Resolutions. If one of those resolutions is to become a healthier person we are here to help. I just posted our fitness class schedule and there are plenty of opportunities for you to work off that holiday weight gain. We have 16 different fitness classes each week for the next 6 weeks plus 5 different times for spin class. If those spin times don't work in your schedule, we have our Virtual Spin Studio open all the other times our doors are open. All you have to do is a short orientation on how to get into the program and you're set.

I want to remind everyone that our Foundation's Annual Fundraiser is set for March 28, 2020. This year's event will be held at the Sidney Elks Lodge. We are in the planning stages of putting on a great event with many items to satisfy anyone. There will sport items, tickets to your favorite sporting event, trips to favorite vacation spots and much more. Look for your invite in the mail around the first part of March. As things develop I will keep you abreast.

Just remember that Spring is around the corner and you'll want to make sure that you are in shape to handle all that yardwork that the winter months created.

Remember the coffee is always on. Stop by for a visit and chat.

Michael Namuth, Director - CCCC

Special Points Of Interest:

- January Events
- Sports Information
- Fitness Classes

Winter Hours

Mon - Thur: 5am - 10pm

Fri: 5am - 9pm

Sat: 7am - 7pm

Sun: Noon - 6pm

CCCC

Happenings:

~Winter sports

~Fitness Schedules

~Senior Trips

~Events

Ask front desk for more details!

Wed. Jan. 1 : CLOSED

Thur. Jan. 2: Cream of Potato soup, turkey roll up & veggie

Fri. Jan 3: Chicken strips, potatoes & veggies

Mon. Jan 6: Turkey tetrazzini on pasta, veggie & salad

Tues, Jan 7: Breaded pork cutlet, potato & veggie

Wed. Jan 8: Italian baked fish, rice pilaf & veggie

Thu. Jan 9: Pot roast, potatoes & veggies

Fri. Jan 10: Chicken supreme, potatoes & veggie

Mon. Jan 13: Swedish meatballs, potato & veggie

Tues. Jan 14: Hot turkey sandwich, potatoes & veggies

Wed. Jan 15: Swiss steak, potato & veggie

Thur. Jan 16: Meatloaf, potatoes & veggies

Fri. Jan 17: Hamburger deluxe & bread

Mon. Jan 20: Herb baked chicken, potato & veggies

Tues, Jan 21: Liver & onions or alternate, potatoes & veggie

Wed. Jan 22: Pork loin, potato & veggie

Thur. Jan 23: Chili w/ crackers and cheese, salad & juice

Fri. Jan 24: Chicken and noodles, veggies & bread

Mon. Jan 27: Tuna sandwich, potatoes & veggie

Tues. Jan 28: Chicken Fried steak, potatoes & veggie

Wed. Jan 29: Goulash, sausage links & potatoes

Thur. Jan 30: Oven fried chicken, potatoes & veggies

Fri. Jan 31: Breaded pork chop, potato & bread



Congregate Meals are served at the Cheyenne County Community Center Monday thru Friday at Noon. 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.

We would like to welcome Curtis Hofrock as our new Sports Director for CCCC. Curtis will be responsible for all youth and adult sports through the Center, stop in and give him a friendly hello! Curtis is married to Kim and they have 5 children: Cody, Nathan, Hayden, Nolan & Paige.



The Rec. Basketball season was a huge success, and now we move on to the Wyo-Braska traveling leagues. Teams will play for six weeks alternating locations with Sidney Hosting the boys on January 4, 2020. The gym will be closed from 8:00 A.M. until 6:00 P.M. to allow us to play these games. The First and second grade basketball camp is due to start on January 7th, currently we have low numbers for this camp, there is still time to sign up your kids for the wonderful experience in the basics fundamentals of basketball. Women's Spring Volleyball is due to get underway on January 15th, and the Coed season will begin on January 16th. The men's 5X5 basketball league should be starting on January 28th should we get teams interested in playing. as always call the center 308-254-7000 if you have any questions about our sports programs. Thank you to all who have helped make this Rec. season a success, with out people to officiate and run the scoreboard these games would not possible. We look forward to February and the Youth Classic basketball tournament, if you are interested in volunteering to Officiate or run a scoreboard, or book please contact Mike or Curtis at the Center. Happy New Year and lets make 2020 even better than last year!!!

Curtis Hofrock, Sports Director



The 22nd Annual CCCC Youth Classic Tournament is scheduled for February 28, 29 & March 1st. If you would like to be a referee or a score keeper for any of the games that weekend please contact Mike or Curtis.