

Sherman Renaissance Senior Center (SRSC) Newsletter

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May - July, 2013



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Commission on Aging

Peter Cohen (Co-Chair),
Jeanette Perlman (Co-Chair)
Lorna Barrett, Jill Finch,
Cheryl Hawkins, John Jenner,
Carol Voorhees

Ex Officio: Clay Cope



Getting outside with friends is easy at the Senior Center. This season we have a nature walk, a trip to the Walkway over the Hudson, an Appalachian Trail bridge and boardwalk hike and the Senior Picnic. Join us!

Upcoming Trips & Events

Art Tours with the JCC: Saturday, May 25, June 29 and July 13. A bus trip to exciting local museums. May 25: travel to Katonah Museum and Aldrich Museum. June 29, see the Frances Lehman Loeb Art Museum at Vassar and the Dia Art Foundation in Beacon. July 13, travel to Yale Museum of British Art and the Yale University Museum of Art. Call Mimi Nelson at 860-350-9293 for details.

Poetry Presentation: May 8 at 11:00. *Never too old!* Visiting poets will read their award-winning poetry, along with other poems they have created.

Nature Walk: May 9 at 10:30. We will visit the new Wimisink Boardwalk and learn about the local habitat. After we will lunch at the Gaylordsville diner.

Hon. Robin Pavia Talk: May 13 at 1:45. Judge Pavia was appointed a Superior Court Judge in 2007, and is currently the Assistant Administrative Judge in the Danbury Judicial District.

Craft Class: May 15 at 10:00. Martha Osborn will lead a craft class. We will be making necklaces with different beading. Free.

Assistive Technology: May 20 at 11:00. Western CT Area Agency on Aging will discuss and demonstrate assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock, smart pen and talking watch.

Cooking with Lori: May 21, June 18, July 16 at 11:00. Cooking class with Chef Lori Bechtold of Sherman. Call for details. Cost \$10

Scam Alert: May 22 at 10:00. New York State Detective David Whitney will present a program on scams that affect the elderly.

Pinterest Class: May 23, at 1:00. Come learn and play with the fun and exciting computer social network interest program, with instructor Juanita Otto.

Book Talk at NMH: May 29. Senior Dining at 5:00. Lecture at 6:00. Kevin Gutzman, JD, PhD and author of *James Madison and the Making of America*, reveals a more complex and sometimes contradictory portrait of this influential founding father and the ways in which he influenced the spirit of today's United States.

Volunteer Tea: June 6 at 2:00. Save the date for our Volunteer Appreciation Tea.

Walkway Over the Hudson: June 11. The State Park in Poughkeepsie has a linear walkway spanning the Hudson River. At 212 feet tall and 1.28 miles long, it is the longest elevated pedestrian bridge in the world. Bring a picnic lunch. This is completely handicap accessible.

Gatekeeper Program: June 19 at 11:00. Do you see a senior in need? The purpose of the Gatekeeper program is to identify Connecticut senior residents (60+) in need of medical, social or mental health services. This is a confidential referral program.

Skype Class: Thursday, June 20 at 1:00. Learn how to talk and even see your friends and relatives over the computer, with instructor Juanita Otto.

Spamalot at Sharon TriArts Playhouse: Thursday, June 27 at 2:00. Spamalot retells the legend of King Arthur and his Knights of the Round Table. Premium seating cost \$25
















Sewing Club: July 10 at 10:00. We need volunteers to help finish the heart pillows for children in the heart ward at Columbia Presbyterian Hospital Mathew's Hearts of Hope.

Appalachian Trail Bridge and Boardwalk Hike: July 11. Join us as we visit the 1,600-foot, oak-decked boardwalk and 34-ft bridge in Swamp River, Pawling, NY.













Sherman Senior Picnic: July 18, 12:00-2:00. Join us at the beautiful Holiday Point beach.

They're Playing Our Song, at Sharon TriArts Playhouse: Thursday, July 25. America's premier funny man and the Tony Award-winning composer of *A Chorus Line* collaborated on this hit musical – a funny, romantic show about an established composer and his relationship with an aspiring young female lyricist. Premium seating cost \$25.


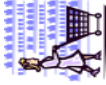










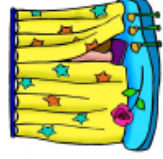

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>Happy Birthday!</p> <p>04 Dorothy Clark 16 Carol Mehne 26 Anne Torok 30 Carol Voorhees</p> 	<p>7 10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>1 9:00 Walking</p> <p>Trip: Danbury Mall</p>  <p>12:00 Pinochle</p>	<p>2 Shopping Trip</p>  <p>Farewell to Cindy Party</p>	<p>3 Trip: Dogwood Festival</p> 	4	
5	<p>6 9:00 Walking</p> <p>Trip: Elenni's</p>  <p>12:00 Pinochle</p>	<p>7 10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>8 9:00 Walking</p> <p>11:00 Poetry Presentation</p> <p>12:00 Pinochle</p>	<p>9 Nature Walk and lunch at Gaylordsville Diner</p>	<p>10 9:00 Walking</p> <p>Senior Dine at American Pie Roasted Veggie Fajita and spiced apples, or Gobbler sandwich-turkey, stuffing, cranberry sauce on whole grain bread</p>	11	
12	<p>13 9:00 Walking</p> <p>11:30 Blood Pressure & Blood Sugar</p> <p>11:30 Birthday Party</p> <p>1:45 Judge Pavia Talk</p> 	<p>14 10:00 Exercise Club</p> <p>5-6: NM Hospital Dining</p> <p>1:00 Bridge</p>	<p>15 9:00 Walking</p> <p>10:00 Craft Class</p> <p>12:00 Pinochle</p>	<p>16 10:30 Senator McLaughlin</p> <p>Shopping Trip</p> 	<p>17 9:00 Walking</p> <p>Senior Dine at American Pie Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or hot open pot roast sandwich on whole grain bread with gravy and side of spiced apples</p>	18	
19	<p>20 9:00 Walking</p> <p>11:00 Talk: Assistive Technology</p> <p>12:00 Pinochle</p>	<p>21 10:00 Exercise Club</p> <p>11:00 Class: Cooking with Lori</p>  <p>1:00 Bridge</p>	<p>22 9:00 Walking</p> <p>11:00 Talk: Scam Alert NYS Detective</p> <p>12:00 Pinochle</p>	<p>23 Shopping Trip</p>  <p>1:00 Social Media Class (Pinterest)</p>	<p>24 9:00 Walking</p> <p>Senior Dine at American Pie French Toast with bananas, or Meatloaf with gravy, potato and side of spiced apples</p>	<p>25 Art Tours with JCC</p> 	
26	<p>27 Memorial Day Office Closed</p> 	<p>28 10:00 Exercise Club</p> <p>Trip: Applebee's and Loews</p>  <p>1:00 Bridge</p>	<p>29 9:00 Walking</p> <p>5:00: NM Hospital Dining</p> <p>6:00: Book Talk at NMH</p> <p>12:00 Pinochle</p>	<p>30 Shopping Trip</p> 	<p>31 9:00 Walking</p> <p>Senior Dine at American Pie German Potato Pancakes with 1 egg, spiced apples, or Chef's salad with low fat ham, turkey and cheese and low fat dressing, whole grain bread</p>		

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Birthday! 06 Paul Dorn 19 Betty Biro and Irene Frangipane</p>	<p>06 Paul Dorn 19 Betty Biro and Irene Frangipane</p>	<p>25 Carolyn McNiff and Peter Sieber 28 Werner Pfaff</p>				
2	3	4	5	6	7	8
<p>9:00 Walking</p>  <p>Trip: Eleni's 12:00 Pinochle</p>	<p>10:00 Exercise Club</p> <p>1:00 Bridge</p>	<p>9:00 Walking</p>  <p>Trip: Danbury Mall 12:00 Pinochle</p>	<p>9:00 Walking</p>  <p>Shopping Trip</p> <p>2:00 Volunteer Tea</p>	<p>9:00 Walking</p> <p>9:30: Photo Organizer Class Senior Dine at American Pie Florentine Omelet (spinach, tomato and cheese) w. melon & whole grain toast with margar., or Soup w. 1/2 chicken salad sandwich on whole gr. bread w.lett. & tomato</p>	<p>9:00 Walking</p> <p>9:00 Walking</p>	<p>9:00 Walking</p>
9	10	11	12	13	14	15
<p>9:00 Walking</p> <p>11:30 Blood Pressure & Blood Sugar</p> <p>12:30 Birthday Party</p> <p> Pinchle after</p>	<p>10:00 Exercise Club</p> <p>Trip: Walkway Over the Hudson</p> <p>1:00 Bridge</p>	<p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>9:00 Walking</p>  <p>Shopping Trip</p>	<p>9:00 Walking</p> <p>Senior Dine at American Pie Blueberry Pancakes with cooked apples, or Portabello chicken with vegetable and whole grain bread</p>	<p>9:00 Walking</p>	<p>9:00 Walking</p>
16	17	18	19	20	21	22
<p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>10:00 Exercise Club</p> <p>11:00 Class: Cooking with Lori</p>  <p>1:00 Bridge</p>	<p>9:00 Walking</p> <p>11:00 Gatekeeper Program</p> <p>12:00 Pinochle</p>	<p>9:00 Walking</p>  <p>Shopping Trip</p> <p>1:00 Computer Class: Skype</p>	<p>9:00 Walking</p> <p>Senior Dine at American Pie Roasted Veggie Fajita with side of spiced apples, or Hot open pot roast sandwich on whole grain bread with grave and side of spiced apples</p>	<p>9:00 Walking</p>	<p>9:00 Walking</p>
23	24	25	26	27	28	29
<p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>10:00 Exercise Club</p>  <p>Trip: Applebee's and Loews</p> <p>1:00 Bridge</p>	<p>9:00 Walking</p>  <p>Shopping Trip</p> <p>12:00 Pinochle</p>	<p>9:00 Walking</p> <p>2:00 Theater Trip: Spamalot</p> 	<p>9:00 Walking</p> <p>Senior Dine at American Pie Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Smoked Chicken Grill-grilled chicken, roasted red peppers mozzarella cheese and bacon on whole grain bread</p>	<p>9:00 Walking</p>	<p>9:00 Walking</p>  <p>Art Tours with JCC</p>
30						

July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Walking  Trip: Elenmi's 12:00 Pinochle	2 10:00 Exercise Club Shopping Trip  1:00 Bridge	3 9:00 Walking Trip: Danbury Mall  12:00 Pinochle	4  Independence Day Office Closed	5 9:00 Walking Senior Dine at American Pie White house omelet- egg white, tomato, spinach and ham with melon wedge and whole grain toast with margarine, or 1/2 turkey, swiss and tomato sandwich on rye with lettuce and tomato and Soup of the Day	6
7	8 9:00 Walking 11:30 Blood Pressure & Blood Sugar 12:30 Birthday Party  Pinochle after	9 10:00 Exercise Club Shopping Trip  1:00 Bridge	10 9:00 Walking 10:00 Sewing Club 12:00 Pinochle	11  Appalachian Trail Boardwalk Hike	12 9:00 Walking Senior Dine at American Pie German Potato Pancakes with 1 egg, spiced apples, or Soup of the day with 1/2 chicken salad sandwich on whole grain bread with lettuce and tomato	13  Art Tours with JCC
14	15 9:00 Walking 12:00 Pinochle	16 10:00 Exercise Club 11:00 Class: Cooking with Lori  1:00 Bridge	17 9:00 Walking Shopping Trip  12:00 Pinochle	18  12:00: Sherman Senior Picnic	19 9:00 Walking Senior Dine at American Pie Roasted Veggie Fajita and spiced apples, or Gobbler sandwich- turkey, stuffing, cranberry sauce on whole grain bread	20
21	22 9:00 Walking 9:00 Talk: Supervisor of Public Works 12:00 Pinochle	23 10:00 Exercise Club Shopping Trip  1:00 Bridge	24 9:00 Walking 12:00 Pinochle	25  2:00 Theater Trip: They're Playing Our Song	26 9:00 Walking Senior Dine at American Pie Chef's salad with low fat ham, turkey and cheese and low fat dressing and whole grain bread Meatloaf with gravy, potato and side of spiced apples	27
28	29 9:00 Walking 12:00 Pinochle	30 10:00 Exercise Club Trip: Applebee's and Loews  1:00 Bridge	31 9:00 Walking 12:00 Pinochle	<p>Happy Birthday!</p> <p>01 Carol Gerger 06 Barbara Hollander 07 Ed Hayes 09 Aline Sieber 13 Jean Sheldon</p> 