

# Sherman Senior Center Newsletter

Volume 14, Number 3

August - October 2013



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## Helpful Contacts

### Coordinator

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### Director of Social Services

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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



At the monthly Cooking Group, Chef Lori Bechtold shows how to prepare healthy, inexpensive and delicious meals using simple ingredients.

## Upcoming Trips & Events

**Wethersfield Garden & Estates:** Aug. 2. Includes 3 tours, Carriage House, the Main House and the Gardens. Cost \$12

**CPR/AED Class:** Aug 8, 9-12. Free, class is limited and sign up required.

**August Birthday Party:** Aug 12, 12:30. NMVNA will be offering free blood pressure testing 11:30-12:30. Join us for a delicious potluck luncheon.

**Movie and Popcorn:** Aug 15, 1:00. See the original version of "The Great Gatsby" movie.

**Cooking Class:** Aug 19, Sep 16, Oct 28 at 10:30. Join us for our monthly cooking and tasting class. Menu TBA. Cost \$10

**Damn Yankees at the Sharon Tri-Arts Playhouse:** Aug 22, 2:00. Limited seats \$25

**Applebee's and Loews:** Aug 27, Sep 24, Oct 29. Join us for \$6 senior day at the movies.

**Wellness and Cooking Demonstration:** Aug 29, 11-1. Includes a 90-minute workshop, cooking demonstration and interactive nutrition lesson. You must rsvp 860-354-2414 Free  
**"M" Touch Hand Massage:** Sept 10, 11:00. NMVNA will teach the power of touch.

**Walkway Over the Hudson:** Sept 12. The State Park in Poughkeepsie has a linear walkway spanning the Hudson River. Bring a picnic lunch. This is completely handicap accessible. (Raindate: Sept 17)

**AARP SAFE DRIVE Class:** Sept 19, 9-1. The registration fee is \$12 for members and \$14 for non-members; please have check made out to AARP and members should bring their AARP membership card. Please call 860-354-2414 to sign up for the course.

**Art Tours with the JCC:** Saturday, September 28. A bus trip to Clark Museum and Williams College Art Museum in Williamstown, MA. Cost \$40

**Sherman Flu Clinic:** Sept 30, 10-12 at the Sherman Firehouse.

**NMH Senior Dine and Book Talk with John Cilio:** Oct 2 (RSVP required). Limited transportation provided from Sherman, so sign up early. Dinner cost \$5.

**Social Service Presentation:** Oct 7, 10:00. Beth will discuss the new changes in Medicare for 2014 and the way to enroll in Medicare Part D plans as well as Medicare supplement plans (Medigap) and how the new healthcare system will interact with Medicare and Medicaid (Husky C). You will also have the opportunity to sign up for individual appointments for the enrollment period from October 15 to December 7 for the 2014 calendar year.

**Exercise Program:** Oct 1- Nov 12, 11. NMVNA's "Flex appeal" program is conducted by a licensed physical therapist from the New Milford Visiting Nurse Association. Cost: 6 Classes/\$25 or \$5 per class. Drop-ins welcome!

**Scenic Drive to Kent Falls:** Oct 9. These are the most visited falls in Connecticut. You'll have to hike up a short but steep trail to see it all. Lunch at Gaylordsville Diner.















**Hudson River 2-hour Sightseeing Cruise:** Oct 17. From the decks of the Rip Van Winkle cruise boat, you will relax and enjoy a clear view of historic Hudson River lighthouses and waterfront mansions. Cost \$25. Food is available for purchase. Limited seating, call early. (Rain date Oct 31)

**Gatekeeper Program:** Oct 21, 10:30. 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.












**Trip to Bethlehem:** Oct 24. Monastic Art Shop of The Abbey of Regina Laudis and lunch at Painted Pony.

**Sewing Club:** Oct 30, 10:00. We need volunteers to help finish the heart pillows for children on the heart ward at Columbia Presbyterian Hospital Mathew's Hearts of Hope. This is simple sewing!




















# August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
			01 Clay Winters 18 Paul Voorhees 19 Eleanor Jettmar 22 Judy Lamhut 26 Sheila McMahon  <b>Happy Birthday!</b>	Shopping Trip Joann's Fabric 	 <b>Trip:</b> Wethersfield House and Garden Tour	9:00 Walking
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:00 Walking	Trip: Elenni's  12:00 Pinochle	10:00 Exercise Club   Trip: Shopping Trip 1:00 Bridge	9:00 Walking   Trip: Mall 12:00 Pinochle	9-12 CPR and AED Class	Senior Dine at American Pie Roasted Veggie Fajita and spiced apples, or Gobbler sandwich-turkey, stuffing, cranberry sauce on whole grain bread	9:00 Walking
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
11:30 Blood Pressure & Blood Sugar 12:30 Birthday Party  Pinochle after	10:00 Exercise Club   Shopping Trip 1:00 Bridge	10:00 Exercise Club  5-6 NM Hospital Dining	9:00 Walking 12:00 Pinochle	11:00 Movie & Popcorn: <i>The Great Gatsby</i>	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	9:00 Walking
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:30 Class: Cooking with Lori  12:00 Pinochle	10:00 Exercise Club   Shopping Trip 1:00 Bridge	10:00 Exercise Club  Shopping Trip	9:00 Walking 12:00 Pinochle	 Theater Trip: Dann Yankees	Senior Dine at American Pie French Toast with bananas, or Meatloaf with gravy, or mashed potato and side of spiced apples	9:00 Walking
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9:00 Walking 12:00 Pinochle	10:00 Exercise Club   Trip: Applebee's and Loews 1:00 Bridge	10:00 Exercise Club   Shopping Trip 12:00 Pinochle 5:00 NM Hospital Dining 6:00 Book Talk at NMH	9:00 Walking   Shopping Trip 12:00 Pinochle	11-1 Lunch & Learn: Healthy Choices 	Senior Dine at American Pie German Potato Pancakes with 1 egg, spiced apples, or Chefs salad with low fat ham, turkey and cheese and low fat dressing, whole grain bread	9:00 Walking

# September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	 <b>2</b> Labor Day Office Closed	<b>3</b> 10:00 Exercise Club  1:00 Bridge	<b>4</b>  Trip: Danbury Mall  12:00 Pinochle	<b>5</b>  Shopping Trip	<b>6</b> 9:00 Walking  <b>9:30: Photo Organizer Class</b> <b>Senior Dine at American Pie</b> <i>Florentine Omelet (spinach, tomato and cheese) w. melon wedge and whole grain toast &amp; margarine, or Soup /day with 1/2 chicken salad sandwich on whole grain bread with lettuce/tomato</i>	<b>7</b>
<b>8</b>	<b>9</b> 9:00 Walking  11:30 Blood Pressure & Blood Sugar  12:30 Birthday Party  <i>Pinochle after</i>	<b>10</b> 10:00 Exercise Club  11:00 MTouch by NMVNA <i>1:00 Bridge</i>  5-6 NM Hospital Dining	<b>11</b>  Shopping Trip  12:00 Pinochle	<b>12</b>  Trip: Walkway Over the Hudson	<b>13</b> 9:00 Walking  <b>Senior Dine at American Pie</b> <i>Blueberry Pancakes with 1 egg &amp; cooked apples, or Portabello chicken with vegetable and whole grain bread</i>	<b>14</b>
<b>15</b>	<b>16</b> 8:30 COA  10 30 Class: Cooking with Lori  <i>12:00 Pinochle</i>	<b>17</b> 10:00 Exercise Club  Rain date: Walkway Over the Hudson <i>1:00 Bridge</i>	<b>18</b> 9:00 Walking  12:00 Pinochle	<b>19</b>  Shopping Trip  9-1 AARP Safe Driving Class	<b>20</b> 9:00 Walking  <b>Senior Dine at American Pie</b> <i>Roasted Veggie Fajita with side of spiced apples, or Hot open pot roast sandwich on whole grain bread with gravy and side of spiced apples</i>	<b>21</b>
<b>22</b>	<b>23</b> 9:00 Walking  <i>12:00 Pinochle</i>	<b>24</b> 10:00 Exercise Club   Trip: Applebee's and Loews <i>1:00 Bridge</i>	<b>25</b> 9:00 Walking  12:00 Pinochle	<b>26</b>  Shopping Trip	<b>27</b> 9:00 Walking  <b>Senior Dine at American Pie</b> <i>Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Smoked Chicken Grill, roasted red peppers, mozzarella cheese and bacon on whole grain bread</i>	<b>28</b>
<b>29</b>	<b>30</b> 9:00 Walking  10-12 Flu Clinic at firehouse  <i>12:00 Pinochle</i>	<b>Happy Birthday!</b> 			<b>18</b> George Murray <b>20</b> Lillian Hart <b>26</b> Gloria Dorn	
		<b>04</b> John Ryan <b>05</b> George Auer <b>13</b> Lorraine Palmenta				

# October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 11:00 Flex Appeal  1:00 Bridge	<b>2</b>  9:00 Walking Trip: Danbury Mall 12:00 Pinochle 5-6 NM Hospital Dining and Book Talk	<b>3</b>  9:00 Walking Shopping Trip	<b>4</b> <b>9:30 Photo Organizer Class</b> <b>Senior Dine at American Pie</b> <i>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</i>	<b>5</b>
<b>6</b>	<b>7</b> 9:00 Walking 10:00 Talk: Social Service Dept  Trip: Elenni's 12:00 Pinochle	<b>8</b>  11:00 Flex Appeal 1:00 Bridge 5-6 NM Hospital Dining	<b>9</b>  9:00 Walking Trip: Kent Falls and Gaylordsville Diner 12:00 Pinochle	<b>10</b>  Shopping Trip	<b>11</b> 9:00 Walking	<b>12</b>
<b>13</b>	<b>14</b>  Columbus Day Office Closed	<b>15</b>  11:00 Flex Appeal 1:00 Bridge	<b>16</b>  Shopping Trip 12:00 Pinochle	<b>17</b>  Trip: River Cruise on Hudson	<b>18</b> 9:00 Walking	<b>19</b>
<b>20</b>	<b>21</b> 8:30: COA Presentation Gatekeeper 10:30 Blood Pressure & Blood Sugar 12:30 Birthday Party <i>Pinochle after</i>	<b>22</b>  11:00 Flex Appeal 1:00 Bridge	<b>23</b>  Shopping Trip 12:00 Pinochle	<b>24</b>  Trip: Monastic Art Shop at Abbey of Regina Laudis and Senior Dine at Painted Pony	<b>25</b> 9:00 Walking	<b>26</b>
<b>27</b>	<b>28</b> 9:00 Walking 11:00 Class: Cooking with Lori  12:00 Pinochle	<b>29</b>  11:00 Flex Appeal  Trip: Applebee's and Loews 1:00 Bridge	<b>30</b> 9:00 Walking 10:00 Sewing Club 12:00 Pinochle	<b>31</b>  Rain Date for River Cruise on Hudson Shopping Trip	<b>Happy Birthday!</b>  01 Brigitte Koester 03 Jackie Crawford 14 Irene Hoel 23 Carol Faure	