

# Sherman Senior Center Newsletter

Volume 14, Number 4

Nov 2013- Jan 2014



WEB SITE: [www.townofshermanct.org](http://www.townofshermanct.org) • EMAIL: [shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

## Helpful Contacts

### Coordinator

Suzette Berger  
860-354-2414

[shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

### Assistant

Lynne Gomez

### FISH

860-355-4334

### Van Driver

Bob Reiling

### Director of Social Services

Beth Trott, MSW

860-354-2414,

[shermansocserv@gmail.com](mailto:shermansocserv@gmail.com)

### 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



Leslie and George Auer enjoy Senior Dine at American Pie. This popular program runs throughout the winter months each Friday. Join us!

## Upcoming Trips & Events

**Library Tour:** Nov 4, 10:30. We will enjoy a private tour of the beautifully renovated Sherman Library.

**Photo Album Book Classes:** Fridays 9:30, Nov 1-22. Class and book \$75. Here's your chance to get creative. Bring 100-120 pictures to be scanned. Linda and Sharon will instruct and assist you in creating your personalized 20-page hard-covered photo book on the computer. Day 1: Bring your photos, discuss your project. Days 2-4 Work on computer to make your book.

**Veterans' Breakfast:** Nov 11, 8:00. Breakfast for Veterans at Holy Trinity Catholic Church and 9:30. Ceremony at the Sherman School Gym.

**Assistant Assessor:** Nov 13, 11:00. Kathy Retter, Town of Sherman's Assistant Assessor will talk about the senior homeowners exemption and the renters' rebate.

**Holiday Craft:** Nov 14, 1:00 Melissa Sobireski, WestConn Social Service Intern will be organizing a holiday craft session.

**Safety Talk:** Nov 18, 11:00. Dave Raines of SVFD will talk about cold weather safety in town and around your home. Refreshments will be served.

**SPTO Thanksgiving luncheon:** Nov 20, 1:00. Enjoy this yearly favorite town event. Delicious turkey dinner, mashed potatoes, stuffing, yams and don't forget all those home-made pies! We'll see you at the Sherman School Cafeteria. If you know someone who is unable to attend we are taking orders and delivering meals to homebound seniors. Call the Senior Center at 860-354-2414 so we know you are coming, or to order a meal.

**Financial Talk:** Nov 25, 11:00. "Living Your Way: Planning for Income in Retirement" presented by Jon Dibble, Financial Advisor for Morgan Stanley.

**Holiday Show:** Dec 5, 10:30. For the first time Sherman Middle School students will present a holiday performance for Sherman Seniors at the Sherman School. Let's support our school children! Transportation provided.

**Coffee & Conversation:** Dec 9, 11:00. Join Sherman's Resident State Trooper as we get a first hand update on the town and bring him any of our concerns. We will also address safety and any new scams during the holiday season.

**Holiday Tour:** Dec 11, 11:00. We will enjoy a private tour of the Sherman Historical Society's exhibit: "Little Women in the Civil War." Maybe some hot cider will be on the menu.

**Holiday Party:** Dec 12, 12:00. Join us at The Hearth for the Sherman Seniors' Holiday Party with door prizes and sing-along. Cost is \$20, and includes: fruit cup, salad, entrée dessert, coffee, and tax & tip; other beverages are extra. Entrée choices are sliced steak, baked scrod and stuffed chicken. Please RSVP with entrée choice ASAP. Limited transportation available, so call early!













































**Coffee & Conversation:** Jan 15, 10:00. Sherman Volunteer Ambulance will present information on safety in the home including preventing trips and falls. They will provide emergency cards and describe the process and procedures of the emergency call.

**Cooking Class:** Jan 22, 10:30. Lori Bechtold of Sherman, graduate from Johnson & Wales University with a degree in Culinary Arts and Baking/Pastry and Culinary Nutrition. Call for menu details.

**International Potluck:** Jan 27, 12:00. Come one, come all. Bring a favorite dish from your family recipes or something you found on your travels. Last year we had over 20 countries represented. If you aren't interested in cooking, you can donate \$5 toward beverages and supplies. We had a great time! Snowdate 1/29. Cost: \$10.

**Wii:** Come and join the exercise group Wednesdays 10:30-12:00. You can try snow skiing, tennis, golf, and various balance games. All exercise is at your own pace.

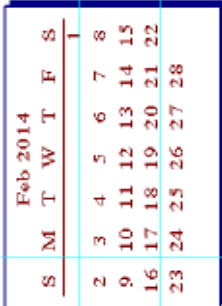















# November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																														
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# January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Happy Birthday!</b></p>  <p>03 Edgar Koester 06 Trudy Schubert 15 Gertrude Berger 25 Tilly Jellen 27 Grace Hotchkiss</p>	<p><b>Happy Birthday!</b></p>  <p>03 Edgar Koester 06 Trudy Schubert 15 Gertrude Berger 25 Tilly Jellen 27 Grace Hotchkiss</p>	<p><b>1</b></p>  <p><b>Happy New Year!</b></p>	<p><b>2</b></p>  <p>Shopping Trip</p>	<p><b>3</b></p> <p>9:00 Walking</p> <p><b>Senior Dine at American Pie</b> 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</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>9:00 Walking</p> <p>Trip: Elenni's</p>  <p>12:00 Pinochle</p>	<p><b>6</b></p> <p>9:00 Walking</p> <p>Trip: Elenni's</p>  <p>12:00 Pinochle</p>	<p><b>7</b></p> <p>10:00 Exercise Club</p> <p>1:00 Bridge</p>	<p><b>8</b></p> <p>9:00 Walking</p> <p>Trip: Danbury Mall</p>  <p>12:00 Pinochle</p>	<p><b>9</b></p>  <p>Shopping Trip</p>	<p><b>10</b></p> <p>9:00 Walking</p> <p><b>Senior Dine at American Pie</b> 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</p>	<p><b>11</b></p>
<p><b>12</b></p> <p>9:00 Walking</p> <p>11:30-12:30 Blood Pressure</p> <p>12:30 Birthday Party</p> 	<p><b>14</b></p> <p>10:00 Exercise Club</p> <p>1:00 Bridge</p>	<p><b>15</b></p> <p>10:00 Talk - SVFD</p> <p>12:00 Pinochle</p>	<p><b>16</b></p>  <p>Shopping Trip</p>	<p><b>17</b></p> <p>9:00 Walking</p> <p><b>Senior Dine at American Pie</b> Roasted Veggie Fajita and spiced apples, or Gobbler sandwich- turkey, stuffing, cranberry sauce on whole grain bread</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>9:00 Walking</p> <p>Office Closed</p> 
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