

Sherman Senior Center Newsletter

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February - April 2014



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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



Senior Dine at American Pie. This popular program runs each Friday throughout the year. Join us!

Upcoming Trips & Events

Exercise Club: Every Tues at 10:00. Join us for stretching and gentle exercise. Our exercise plan was designed by NMVNA physical therapist to gain strength, improve flexibility and balance. Free

Craft Class: Wed, Feb 12 at 10:30. Martha Osborn will lead a craft class. We will be making necklaces with different beading. Free

Senior Sewing Club: Wed, Feb 19 at 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!

CT Flower and Garden Show: Thurs, Feb 20. The Convention Center will be transformed into a breathtaking event for floral and garden enthusiasts. The colorful, fragrant show covers almost three acres with the 2014 theme "Backyard Paradise", with wonderful ideas for homeowners, apartment and condo dwellers alike. Highlights include: 20 gardens fill over an acre, created by professional landscape designers and nonprofit organizations, and include naturalistic, low maintenance and organic gardens. **Cost \$14 - cash at door.**

Cooking with Lori: Mon, Feb 24; Mon, Mar 24; Wed, April 30. Cooking class with Lori Bechtold of Sherman, graduate from Johnson & Wales University with a degree in Culinary Arts and Baking/Pastry and Culinary Nutrition. Call for details. **Cost \$10.**

Hearth for St. Patty's Day: Wed, March 12, 12:00. Join us as we celebrate St. Patrick's Day at The Hearth Restaurant. **Cost \$20** Includes: fruit cup, salad, entrée, dessert, coffee, and tax & tip Other Beverages are extra. Entrée Choices: Sliced Steak, Baked Scrod, Stuffed Chicken or Corned Beef and Cabbage Please RSVP with entrée choice by March 6. Limited transportation available so call early!

AARP Driver Safety Class: Thurs, March 13, 9-1. This is a wonderful refresher course that is open to everyone. The course includes a workbook, has no examinations and everyone passes! The instructor will address issues facing older drivers and will include local driving conditions in the presentation. If you are 62 or older you may qualify for a discount on your insurance. The registration fee is \$15 for members and \$20 for non-members; please have check made out to AARP and members should bring their membership card. Please call 860-354-2414 to sign up for the course.

Bruce Museum: Tues, March 18. The Bruce Museum's art collection consists of paintings, sculpture, drawings, prints, photographs, multimedia compositions, and decorative arts. There is an exhibit of Ed Clark, American Photojournalist.
















Assistive Technology Demo: Wed, April 23, 10:30. Come and try out some assistive devices, such as magnifiers, phone amplifiers, vibrating alarm clock, smart pen, talking watch plus many more. This program is sponsored by the Western Connecticut Agency on Aging.

The Culinary Institute of America: Mon, April 28. We will tour the kitchens and campus and enjoy a lunch at the CIA's Ristorante *Caterina de' Medici*. Dress code is business casual. **Cost \$45** - includes tour, lunch, tax and gratuity. Limited transportation available, call early.







February 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|---|---|--|--|---|
| <p>Happy Birthday!</p> <p>03 Betty Trott 05 Catherine Munch 10 Mike Crawford 25 Gary Albert</p>  | <p>03 9:00 Walking</p> <p>Trip: Elenni's</p>  <p>12:00 Pinochle</p> | <p>04 10:00 Exercise Club</p> <p>1:00 Bridge</p>  <p>Senior Dine at American Pie</p> | <p>05 9:00 Walking</p> <p>Trip: Mall</p>  <p>12:00 Pinochle</p>  <p>Senior Dine at American Pie</p> | <p>06 Shopping Trip</p>   <p>Senior Dine at American Pie</p> | <p>07 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>Portabello chicken with vegetable and whole grain bread, or Blueberry Pancakes with 1 egg, cooked apples</i></p>  <p>Senior Dine at American Pie</p> | <p>08 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>Portabello chicken with vegetable and whole grain bread, or Blueberry Pancakes with 1 egg, cooked apples</i></p>  <p>Senior Dine at American Pie</p> | |
| <p>09 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p>  | <p>11 10:00 Exercise Club</p> <p>1:00 Bridge</p> | <p>12 9:00 Walking</p> <p>10:30 Craft: Beading Class</p> <p>12:00 Pinochle</p> | <p>13 Shopping Trip</p>  | <p>14 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><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></p> | <p>15 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><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></p> | <p>16 9:00 Walking</p> <p>Presidents' Day</p> <p>Office closed</p>  | <p>17 9:00 Walking</p> <p>10:00 Senior Sewing Club</p> <p>12:00 Pinochle</p> |
| <p>18 10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p> | <p>19 10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>Applebee's and Loews</p> <p>1:00 Bridge</p> | <p>20 9:00 Walking</p> <p>Trip: CT Flower & Garden Show</p>  | <p>21 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Chicken parmesan Sandwich, baked with marinara, parmesan & mozzarella cheese on Portuguese roll w/spiced apples</i></p> | <p>22 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>French Toast with bananas, or Meatloaf with gravy, mashed potato and side of spiced apples</i></p> | <p>23 9:00 Walking</p> <p>10:30 Cooking with Lori</p>  <p>12:00 Pinochle</p> | <p>24 9:00 Walking</p> <p>10:30 Cooking with Lori</p> <p>12:00 Pinochle</p> | |
| <p>25 10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>Applebee's and Loews</p> <p>1:00 Bridge</p> | <p>26 9:00 Walking</p> <p>12:00 Pinochle</p> | <p>27 Shopping Trip</p>  | <p>28 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>French Toast with bananas, or Meatloaf with gravy, mashed potato and side of spiced apples</i></p> | <p>29 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>French Toast with bananas, or Meatloaf with gravy, mashed potato and side of spiced apples</i></p> | <p>30 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>French Toast with bananas, or Meatloaf with gravy, mashed potato and side of spiced apples</i></p> | <p>01 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>French Toast with bananas, or Meatloaf with gravy, mashed potato and side of spiced apples</i></p> | |

March 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|---|---|
| 2 | 3 9:00 Walking  Trip: Elenni's <i>Pinochle after</i> | 4 10:00 Exercise Club <i>1:00 Bridge</i> | 5 9:00 Walking  Trip: Danbury Mall 12:00 <i>Pinochle</i> | 6 Shopping Trip  | 7 9:00 Walking 10:45 Senior Dine at American Pie <i>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</i> | 8 9:00 Walking 10:45 Senior Dine at American Pie <i>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</i> |
| 9 | 10 9:00 Walking 11:30: Blood Pressure 12:30 Birthday Party  <i>Pinochle after</i> | 11 10:00 Exercise Club <i>1:00 Bridge</i> | 12 9:00 Walking  12:00 St. Patty's Day Party at The Hearth | 13 9:00-1:00 AARP Safe Driving Class  Shopping Trip | 14 9:00 Walking 10:45 Senior Dine at American Pie <i>Florentine Omelet (spinach, tomato & cheese) w. melon wedge, whole grain toast & margarine, or Soup of the day with 1/2 corned beef Reuben sandwich on marble rye bread w/sauerkraut, Russian dressing, swiss cheese</i> | 15 9:00 Walking 10:45 Senior Dine at American Pie <i>Florentine Omelet (spinach, tomato & cheese) w. melon wedge, whole grain toast & margarine, or Soup of the day with 1/2 corned beef Reuben sandwich on marble rye bread w/sauerkraut, Russian dressing, swiss cheese</i> |
| 16 | 17 9:00 Walking <i>12:00 Pinochle</i> | 18 10:00 Exercise Club Trip: Bruce Museum  <i>1:00 Bridge</i> | 19 9:00 Walking <i>12:00 Pinochle</i> | 20 Shopping Trip  | 21 9:00 Walking 10:45 Senior Dine at American Pie <i>Blueberry Pancakes with 1 egg & cooked apples, or Portabello chicken with vegetable and whole grain bread</i> | 22 9:00 Walking 10:45 Senior Dine at American Pie <i>Blueberry Pancakes with 1 egg & cooked apples, or Portabello chicken with vegetable and whole grain bread</i> |
| 23 | 24 9:00 Walking 10:30 Cooking with Lori  12:00 <i>Pinochle</i> | 25 10:00 Exercise Club Trip: Applebee's and Loews  <i>1:00 Bridge</i> | 26 9:00 Walking <i>12:00 Pinochle</i> | 27 Shopping Trip  | 28 9:00 Walking 10:45 Senior Dine at American Pie <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> | 29 9:00 Walking 10:45 Senior Dine at American Pie <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> |
| 30 | 31 9:00 Walking <i>12:00 Pinochle</i> |  Happy Birthday! 02 Elisabeth Pfaff 03 Nelda Scheremeta Nancy Giddings 15 Leon Sustter 24 Charlotte Osborn | |    | | |

April 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|--|
| Happy Birthday!  10 John Jenner & Joan Eagle 17 Loes Ostergren 25 Bea Kastilahn | 1 10:00 Exercise Club 1:00 Bridge | 2 9:00 Walking  Trip: Danbury Mall | 3  Shopping Trip | 4 9:00 Walking 10:45 Senior Dine at American Pie <i>Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Smoked Chicken Grill with roasted red peppers mozzarella cheese and bacon on whole grain bread</i> | 5 | |
| 6 | 7 9:00 Walking  Trip: Elenni's 12:00 Pinochle | 8 10:00 Exercise Club 1:00 Bridge | 9 9:00 Walking 11:00 Hearing Seminar 12:00 Pinochle | 10  Shopping Trip | 11 9:00 Walking 10:45 Senior Dine at American Pie <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 of the Day</i> | 12 |
| 13 | 14 9:00 Walking 11:30: Blood Pressure 12:30 Birthday Party  | 15 10:00 Exercise Club 1:00 Bridge | 16 9:00 Walking 10:00 Hearing Testing 12:00 Pinochle | 17  Shopping Trip | 18  GOOD FRIDAY Office Closed | 19 |
| 20  | 21  | 22 10:00 Exercise Club 1:00 Bridge | 23 9:00 Walking 10:30 Assistive Technology Demonstration 12:00 Pinochle | 24  Shopping Trip | 25 9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita and spiced apples, or Chicken parmesan Sandwich, baked with marinara, parmesan & mozzarella cheese on Portuguese roll w/spiced apples</i> | 26 |
| 27 | 28 9:00 Walking Trip: Culinary Institute of America 12:00 Pinochle | 29 10:00 Exercise Club 1:00 Bridge | 30 9:00 Walking 10:30 Cooking with Lori  12:00 Pinochle |  |  |  |