

Sherman Senior Center Newsletter

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May - July 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



Janet Wey guides the exercise club at the Senior Center, with stretching and gentle training, designed by NMVNA physical therapists to gain strength, improve flexibility and balance. **Free.**

Upcoming Trips & Events

Aging in Place Workshop: Wed, May 14 at 10:30. Certified Elder Law Attorney, Ann L. Fowler-Cruz, will share her thoughts on aging in place from a legal perspective: Putting *Your Plan* in Place.

- Financial Considerations when deciding on a plan
- Legal documents needed to fulfill your plan
- Resources to support you and your family in carrying out your plan

Rebekah Gemza of the Alzheimer's Association will speak about the 10 warning signs of Alzheimer's, and Jim Crossett, Owner/Synergy Home Care will discuss the definition of home care, who pays, and also touch briefly on the Veteran's Aid and Attendance benefit.

"The Price is Right": Mon, May 19 at 10:30. Come join us as we have some fun and recreate the T.V. show. Refreshments and Prizes!

Fascia's Chocolate Tour: Thurs, May 22. Learn about the origins of chocolate and how it gets from Bean to Bar and then from Bar to Box. Tastings and demonstrations, including a behind-the-scenes look into the factory via remote controlled camera. Participants will make their own chocolate bar with toppings. Cost \$10

Volunteer Tea: Thurs, June 5, 2-3. We will thank all our wonderful volunteers!

Medicare Fraud: Mon, June 16 at 10:30. Rosemary B. Jones, Senior Medicare Patrol Coordinator for the Western Connecticut Area Agency will present a program on Medicare Fraud, estimated at billions of dollars a year due to errors, fraud and abuse. Being aware of the types of fraud can help seniors protect their private information and avoid heartache of having to repair their credit.

Cooking with Lori: Mon, June 23 at 10:30. Cooking class with Lori Bechtold of Sherman, graduate from Johnson & Wales University w/ a degree in Culinary Arts and Baking/Pastry and Culinary Nutrition. Call for details. Cost \$10.

Les Misérables: Thurs, June 26, 2:00. At Sharon's Tri-Arts Playhouse. Cost \$25.

Free Medicare Savings Info Session: Wed, July 9 at 10:30. Staff from Independence Northwest, a non-profit disability advocacy organization, will conduct a free informational session on the Medicare Savings Program, to help with Medicare premiums and also pay coinsurance deductibles. Eligible seniors who meet income guidelines for the Medicare Savings Program can have their Part B premium paid by the State of Connecticut. There is no asset limit for the program. Staff from Independence Northwest will be available with applications and ready to assist in applying for the program.

Learn to Crochet: Thurs, July 10 at 10:00. Come learn a new skill. Everything will be provided for this beginner class.

Sherman Senior Picnic: Thurs, July 24, 12-2. Join us at beautiful Holiday Point for our annual picnic. The senior center will provide the drinks and dessert. Call for transportation.


Lemonade and Music: Thurs, July 31 at 11:00. Come out of the heat as we listen to the player piano and have a cool cup of lemonade.

Senior Dining: Friday lunch at American Pie and third Wednesday plow-to-plate dinner at New Milford hospital, featuring locally-grown fare.

May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy Birthday! 04 Dorothy Clark 05 Mimi Burkhardt 12 Bob Reiling	16 Carol Mehne 26 Anne Torok 30 Carol Voorhees	 9:00 Walking Trip: Elenni's 12:00 Pinochle	 Shopping Trip 10:00 Senior Sewing Club: Heart Pillows  Shopping Trip	9:00 Walking Trip: Elenni's 12:00 Pinochle	9:00 Walking 10:45 Senior Dine at American Pie Portobello Chicken with vegetable and whole grain bread, or Blueberry Pancake with 1 egg, spiced apples. 12:30-2:00 Manicures	3 10 17 24 31
4 5 11 12 18 19 25	6 13 20 27	7 14 21 28	8 15 22 29	9 16 23 30	2 10:45 Senior Dine at American Pie Mothers' Day Weekend: Lunch at the Pavilion. Ham and cheese sandwich, potato salad and cookie. 9:00 Walking 10:45 Senior Dine at American Pie Quiche of the Day with lettuce and tomato on whole grain bread, or Roasted Veggie Fajita and spiced apples. 9:00 Walking No Senior Dine 9:00 Walking 10:45 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.	3 10 17 24 31

June 2014





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	9:00 Walking Trip: Eleni's  <i>Pinochle after</i>	10:00 Exercise Club <i>1:00 Bridge</i>	9:00 Walking Trip: Danbury Mall  <i>12:00 Pinochle</i>	Shopping Trip 2:00-3:00 Volunteer Tea 	9:00 Walking 10:45 Senior Dine at American Pie <i>Florentine Omelet or French Dip</i> 12:30-2:00 Manicures	7
8	9:00 Walking 11:30: Blood Pressure 12:30 Birthday Party  <i>Pinochle after</i>	10:00 Exercise Club <i>1:00 Bridge</i>	11:00 Sherman Library Tour <i>12:00 Pinochle</i>	10:00 Senior Sewing Club: Heart Pillows Shopping Trip 	9:00 Walking 10:45 Senior Dine at American Pie <i>Fathers' Day Weekend: 1/2 turkey, Swiss and tomato sandwich on rye with lettuce and tomato, potato salad and cookie</i>	14
15	9:00 Walking 8:30: COA 10:30 Talk: Medicare Fraud - Protect your info <i>12:00 Pinochle</i>	10:00 Exercise Club Shopping Trip  <i>1:00 Bridge</i>	9:00 Walking <i>12:00 Pinochle</i>	1:00 Trip: Sieber Garden 	9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita with side of spiced apples, or 1/2 Corned Beef Reuben sandwich on marble rye bread w/sauerkraut, Russian dressing, Swiss cheese, Potato salad and cookie.</i>	21
22	9:00 Walking 10:30 Cooking with Lori  <i>Pinochle after</i>	10:00 Exercise Club Trip: Thrift Store and Peachwave  <i>1:00 Bridge</i>	9:00 Walking Shopping Trip 	2:00 Trip: Sharon Tri-Arts Theatre <i>Les Misérables</i> (\$25) 	9:00 Walking 10:45 Senior Dine at American Pie <i>Quiche of the day with lettuce and tomato on whole grain bread, or smoked chicken grill, roasted red peppers, mozzarella cheese and bacon on whole grain bread.</i>	28
29	9:00 Walking <i>12:00 Pinochle</i>					

Happy Birthday!

- 06 Paul Dorn
- 19 Betty Biro
- 22 Al Burkhardt
- 25 Peter Sieber
- 28 Wally Pfaff
- 30 Willy Knaak



July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Exercise Club  Trip: Royal Buffet 1:00 Bridge	2 9:00 Walking  Trip: Danbury Mall	3  Shopping Trip	4  Independence Day Office Closed	5
6	7 9:00 Walking  Trip: Elenni's 12:00 Pinochle	8 10:00 Exercise Club 1:00 Bridge	9 9:00 Walking 10:30 Program: Resources for Seniors and Disabled 12:00 Pinochle	10  Shopping Trip 10:00 Class: Learn to Crochet	11 9:00 Walking 10:45 Senior Dine at American Pie <i>German Potato Pancakes with 1 egg, spiced apples, or Soup of the Day with 1/2 chicken/cran salad sandwich on whole grain bread with lettuce and tomato.</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 12:00 Pinochle 5:00 NM Hospital Dining	17  Shopping Trip	18 9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita and spiced apples, or Meatloaf with gravy, mashed potato, spiced apples.</i> 1:00 Silent Movie at the Senior Center	19
20	21 8:30 COA 9:00 Walking 12:00 Pinochle	22 10:00 Exercise Club  Shopping Trip 1:00 Bridge	23 9:00 Walking 12:00 Pinochle	24 12-2 Senior Picnic at Holiday Point	25 9:00 Walking 10:45 Senior Dine at American Pie <i>French Toast with bananas., or Caesar Salad with grilled chicken, croutons, parmesan cheese, creamy Caesar dressing w/ fresh mixed greens.</i>	26
27	28 9:00 Walking 10:30: Book Discussion 12:00 Pinochle	29 10:00 Exercise Club  Trip: Applebee's and Loews 1:00 Bridge	30 9:00 Walking 12:00 Pinochle	31  Shopping Trip 11-12 Cold Lemonade and Cool Air - Come listen to our player piano	Happy Birthday!  01 Carol Genger 06 Barbara Hollander 09 Aline Sieber 13 Jean Sheldon 29 Arfhut Jellen 31 Alice Schneckenberger	