

Sherman Senior Center Newsletter

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August - October 2014



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NMVNA Flu Clinic. Sept. 29 at
the Sherman ESF (Firehouse)

Upcoming Trips & Events

Senior Luncheon at ESF and Emergency Preparedness Program for Sherman Seniors. Aug 5, 12:00 - 1:30 Join us in the Community Room at the Firehouse. Meet representatives from Sherman's Fire Department, EMS, and State Trooper, and learn about the town's emergency shelter and how to safely prepare for emergencies. RSVP.

Basics of CPR and AED Review Aug 13 at 10:00 Be prepared, refresh your knowledge of CPR and review using the AED. No formal certification and no test!

The Bellamy-Ferriday House & Garden. Aug. 14. Lunch at *The Painted Pony* Restaurant and tour of the home and gardens of Bethlehem's first minister (circa 1754), filled with American and European antiques. Tour cost \$7

"Healthy Mouth, Healthy Life." Aug. 18 at 10:30. Presentation by Sherman's Roger E. Oppenheimer, DDS, MAGD, FACD. Some of the discussion topics will be: nutrition, dental health, problem prevention, and a question and answer session.

Thrift stores and Peachwave. Aug. 19 at 11:00. Drop off donations or pick up a bargain. We will grab a yogurt at Peachwave before heading home.

Tick Prevention. Aug. 25 at 10:30. New Milford Visiting Nurse will present the newest information and data on tick prevention.

DinerLuxe. Aug. 26 at 11:30. A trip to try out the newest diner in New Milford.

Home Weatherization. Aug. 27 at 10:30. Learn how to save money with no-cost energy upgrades provided through Energize CT. If you meet income requirements, you can qualify for valuable home weatherization services.

Trip: The Culinary Institute of America. Sept. 3. Tour the kitchens and campus and enjoy a lunch at the Ristorante *Caterina de' Medici*. Dress is business casual. Cost \$45 includes tour, lunch, tax and gratuity. Limited transportation available; call early.

Book Discussion. Sept. 15 at 10:30. Moderator, Jackie Crawford, will lead the discussion. Pick up book at the Sherman Senior Center.

Adapt your home to age in place. Sept 17 at 10:30. Presentation to include Jim Gustin, CAPS (Certified Aging in Place Specialist) from Home Crew CT certified by the National Association of Home Builders as an aging in place specialist.

AARP Driver Safety Class. Sept. 18, 9:00 at 1:00. Refresher course includes a workbook, has no examinations and everyone passes! 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.

Trip: Kent Falls. Sept. 23. Depending on the weather we will either picnic or stop at the Gaylordsville Diner for lunch.

NMVNA Flu Clinic. Sept. 29, 10:00 -12:00 at the Sherman ESF (Firehouse). Medicare accepted.









Social Service Presentation: Changes in the healthcare system and how they apply to you. Oct. 7 at 11:00. 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.

"The Price is Right" Oct. 8 at 10:30. Come join us as we have some fun and recreate the T.V. show. Refreshments and prizes.














Class: Explore the Internet. Oct. 16 at 11:00. Computer fun with Youtube.

Class: Stress and Trauma Relief Project (Tapping): Oct. 21 at 11:00. Learn new pain relief techniques, using acupuncture points.
















August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Happy Birthday!</p>  <p>01 Clay Winters 18 Paul Voorhees 19 Eleanore Jettmar</p>	<p>August</p> <p>20 Doreen Branch 22 Judy Lamhut 26 Sheila McMahon</p>				
3	<p>4 9:00 Walking</p>  <p>Trip Elenni's</p> <p>12:00 Pinochle</p>	<p>5 10:00 Exercise Club</p> <p>12:00 Luncheon at ESF Meet and Greet and Tour</p> <p>1:00 Bridge</p>	<p>6 9:00 Walking</p>  <p>Trip Danbury Mall</p> <p>12:00 Pinochle</p>	<p>7 9:00 Walking</p>  <p>Shopping Trip</p>	<p>8 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>Cheese Blintzes- two light crepes w/ sweet cream cheese topped with hot apples, or seasonal fruit. Meatloaf with gravy, mashed potato and side of spiced apples</i></p>	<p>9 9:00 Walking</p>
10	<p>11 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p>  <p>Pinochle after</p>	<p>12 10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>13 9:00 Walking</p> <p>10:00 Class: Basics of CPR & AED</p> <p>12:00 Pinochle</p>	<p>14 11:30 Trip Painted Pony Lunch and The Bellamy-Ferriday House & Garden</p>	<p>15 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>Vegetable Quiche of the day w/a slice of lettuce and tomato and whole grain bread, or Chicken BLT-chicken cutlet, bacon, lettuce, tomato on roll</i></p>	<p>16 9:00 Walking</p>
17	<p>18 9:00 Walking</p> <p>10:30 Talk Roger E. Oppenheimer, DDS, MAGD, TACD</p>	<p>19 10:00 Exercise Club</p> <p>11:00 Trip: New Milford Thrift Stores & Peachwave</p> <p>1:00 Bridge</p>	<p>20 9:00 Walking</p> <p>12:00 Pinochle</p> <p>5:00 NM Hospital Dining</p>	<p>21 9:00 Walking</p>  <p>Shopping Trip</p>	<p>22 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><i>Banana Foster French Toast-topped with warm saute bananas, or Hot open pot roast sandwich on whole grain bread with gravy and side of spiced apples</i></p>	<p>23 9:00 Walking</p>
24	<p>25 9:00 Walking</p> <p>10:30 Talk: NMVNA Tick Prevention</p> <p>12:00 Pinochle</p>	<p>26 10:00 Exercise Club</p> <p>11:30 Trip DinerLuxe</p> <p>1:00 Bridge</p>	<p>27 10:30 Home Energy Savings Seminar/Weatherization</p> <p>12:00 Pinochle</p>	<p>28 9:00 Walking</p>  <p>Shopping Trip</p>	<p>29 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p><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></p>	<p>30 9:00 Walking</p>
31						

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1  Labor Day Office Closed	2 10:00 Exercise Club 1:00 Bridge	3  9:00 Walking Trip Culinary Institute of America 12:00 Pinochle	4  Shopping Trip	5 9:00 Walking 10:45 Senior Dine at American Pie <i>Florentine Omelet (spinach, tomato and cheese) With melon wedge, whole grain toast & margarine, or Soup of the day with 1/2 chicken salad sandwich on whole grain bread with lettuce and tomato</i>	6	
7	8 9:00 Walking 11:30 Blood Pressure  12:30 Birthday Party <i>Pinochle after</i>	9 10:00 Exercise Club 1:00 Bridge	10  9:00 Walking Trip Danbury Mall 12:00 Pinochle	11  Shopping Trip	12 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>	13	
14	15 9:00 Walking 10:30 Book Discussion 12:00 Pinochle	16 10:00 Exercise Club 1:00 Bridge	17 9:00 Walking 10:30 Talk: Adapt Your Home to Age in Place 12:00 Pinochle 5:00 NM Hospital Dining	18  Shopping Trip 9:00-1:00 AARP Safe Drive Class	19 9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita with side of spiced apples, or French Dip-Sauteed onions, thin slice of beef w/melted swiss on grilled club roll. Served w/onion soup for dipping</i>	20	
21	22 9:00 Walking 10:30 Craft Class 12:00 Pinochle	23 10:00 Exercise Club  Trip: Kent Falls and Lunch Out 1:00 Bridge	24 9:00 Walking 12:00 Pinochle	25  Shopping Trip	26 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 Smoke Chicken Grill-grilled chicken, roasted red peppers mozzarella cheese and bacon on whole grain bread</i>	27	
28	29 9:00 Walking 10:00-12:00 Sherman Flu Clinic at Firehouse 12:00 Pinochle	30 10:00 Exercise Club  Trip: Applebee's & Loews	<p>Happy Birthday!</p>  <p>September 05 John Auer 13 Lorraine Palmenta 18 George Murray 26 Gloria Dorn</p>				

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday!</p> <p>October 03 Jackie Crawford 08 Brigitta Koester 14 Inene Hoel 23 Carol Faure</p> 	<p>9:00 Walking</p> <p>Trip Eleni's</p>  <p>12:00 Pinochle</p>	 <p>7 10:00 Exercise Club</p> <p>11:00 Talk Social Services</p> <p>1:00 Bridge</p>	<p>1 9:00 Walking</p> <p>Trip Danbury Mall</p> 	<p>2 Shopping Trip</p> 	<p>3 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p>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</p>	<p>4</p>
<p>5 9:00 Walking</p> <p>Trip Eleni's</p>  <p>12:00 Pinochle</p>	<p>7 10:00 Exercise Club</p> <p>11:00 Talk Social Services</p> <p>1:00 Bridge</p>	<p>8 9:00 Walking</p> <p>10:30 The Price is Right</p> <p>12:00 Pinochle</p>	<p>9 9:00 Walking</p> <p>10:30 The Price is Right</p> <p>12:00 Pinochle</p>	<p>9 Shopping Trip</p> 	<p>10 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p>German Potato Pancakes with 1 egg, spiced apples, or Chicken Parmesan sandwich on Portuguese roll with spiced apples.</p>	<p>11</p>
<p>12 13</p>  <p>Columbus Day Office Closed</p>	<p>14 10:00 Exercise Club</p> <p>11:30 Trip: Hadlow Fields/Naromi Talk</p> <p>1:00 Bridge</p>	<p>15 9:00 Walking</p> <p>12:00 Pinochle</p> <p>5:00 NM Hospital Dining</p>	<p>16 9:00 Walking</p> <p>11:00 Computer Fun with Youtube . . . learn, laugh & giggle at what we can find.</p> 	<p>17 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p>Roasted Veggie Fajita and spiced apples, or Gobbler sandwich- turkey, stuffing, cranberry sauce on whole grain bread</p>	<p>18</p>	<p>19 20</p> <p>8:30 COA</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>12:00 Pinochle</p> 
<p>19 20</p> <p>8:30 COA</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>12:00 Pinochle</p> 	<p>21 10:00 Exercise Club</p> <p>11:00 Class: Stress and Trauma Relief Project</p> <p>1:00 Bridge</p>	<p>22 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>23 Shopping Trip</p>  <p>1:00 Movie & Popcorn</p> 	<p>24 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p>Banana Foster French Toast topped with warm sautéed bananas, or Meatloaf with gravy, mashed potato and side of spiced apples</p>	<p>25</p>	<p>26 27</p> <p>9:00 Walking</p> <p>10:30 Book Discussion</p> <p>12:00 Pinochle</p>
<p>26 27</p> <p>9:00 Walking</p> <p>10:30 Book Discussion</p> <p>12:00 Pinochle</p>	<p>28 10:00 Exercise Club</p> <p>11:30 Trip: Royal Buffet</p>  <p>1:00 Bridge</p>	<p>29 9:00 Walking</p> <p>10:30 Sewing Club</p> <p>12:00 Pinochle</p>	<p>30 Shopping Trip</p>  <p>11:00 TED Talks for Seniors, with Discussion</p>	<p>31 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p>Florentine Omelet (spinach, tomato and cheese) with melon wedge and whole grain toast with margarine, or Soup of the day with 1/2 chicken salad sandwich on whole grain bread with lettuce and tomato</p>	<p>31</p>	<p>31 9:00 Walking</p> <p>10:45 Senior Dine at American Pie</p> <p>Florentine Omelet (spinach, tomato and cheese) with melon wedge and whole grain toast with margarine, or Soup of the day with 1/2 chicken salad sandwich on whole grain bread with lettuce and tomato</p>