

Sherman Senior Center Newsletter

Volume 15, Number 4

Nov 2014 - Jan 2015



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Commission on Aging

Peter Cohen (Co-Chair),
Lorna Barrett, Jill Finch,
Cheryl Hawkins,
Carol Voorhees

Ex Officio: Clay Cope



Need a lift?
Transportation is available for all
our programs. . . Just ask!

Upcoming Trips & Events

Exercise Club: Nov 4, 10:00. NMVNA physical therapist will give us a refresher course. Exercise club meets every Tuesday at 10am. **Free**

Sing-along with Player Piano: Every First Friday at 12:30.

TED Talks and Discussion for Seniors: Nov. 13, Dec 18, Jan 8 at 11:00. Get inspired or voice your opinion in this lively interactive Web forum on Technology, Entertainment and Design. Refreshments served.

Stress Relief Classes: Learn various stress relief techniques.

Nov 18 - Mindfulness Meditation: Guided Imagery for Stress Relief

Nov 24 - Massage (CT Nursing Services)

Dec. 2 - Active Meditation - Coloring Mandalas

Jan 6 - Coping skills for post holiday blues

Jan 20 - Music Therapy for relaxation and stress

SPTO Thanksgiving luncheon: Nov 19, 1:00. Enjoy this yearly favorite town event. Delicious turkey, mashed potatoes, stuffing, yams and don't forget all those homemade pies!

Book Discussion: Dec 8 at 10:30. "Snow Falling on Cedars."

The Price is Right: Dec 10 at 10:30. Come and play, win prizes! Fun, Fun, Fun!!

Holiday Party: Dec 11, 12:00. Join us at the Hearth for the Sherman Seniors' Holiday Party with Door Prizes and Sing-along. Cost is \$20 Limited Transportation available so call early!

Holiday Craft: Dec 15, 10:30. Bring your creativity and enjoy a holiday craft. **Free**

Historical Society Tour: Dec 16, 11:00. We will enjoy a private tour of the Sherman Historical Society's exhibit. Maybe some hot cider will be on the menu.

Holiday Lights Drive: Dec 17. We will dine at NM Hospital Plow to Plate at 5:00 and tour the beautiful NM Green and several decorated neighborhoods.

NMVNA Talks: Nov 17, 10:30 - Safety in the Home and Jan 14, 11:30 - Grief and Loss.













Photo Book Classes: Jan 9, 16, 23, 30 at 12:30. New Year's Resolutions are right around the corner. Make your own photo book. Cost: \$75.

Sherman Sings Music Program: Jan 15, 12:30-2:00. Come listen to some terrific Sherman musicians!














International Potluck: Jan 26, 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. We have a great time! Snowdate: 1/28.

Senior Dine: Every Fri 10:45 at American Pie, and on first Monday at Elenni's in Woodbury. Lunch cost \$3.50 for drink, entrée and dessert. Call 860.354-2414 to sign up. Sherman residents age 60+ are eligible.













November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday! 06 Stanley Ginsberg	07 Melinda Albert	10 Beth Trott	13 Lisa Cilio	17 Marilyn Rios	28 Elizabeth Mayfield
2	9:00 Walking  Trip Elenni's 12:00 Pinochle	10:00 Exercise Club Election Day 12:00 NMVNA Physical Therapist - free 1:00 Bridge	9:00 Walking  Trip Danbury Mall 12:00 Pinochle	6  Shopping Trip	7 9:00 Walking 10:45 Senior Dine at American Pie <i>Blueberry Pancakes with 1 egg-cooked apples, or 1/2 turkey, swiss and tomato sandwich on rye with lettuce and tomato and Soup of the Day</i> 12:30 Sing-along with Player Piano	1 8
9	9:00 Walking 10 11:30 Blood Pressure  12:30 Birthday Party Pinochle after	11  Veterans Day Office Closed	12 9:00 Walking	13  Shopping Trip 11:00 TED talks for seniors, with discussion to follow	14 9:00 Walking 10:45 Senior Dine at American Pie <i>French Toast- topped with strawberries, or Meatloaf with gravy, mashed potato and side of spiced apples</i>	15
16	9:00 Walking 17 10:30 Talk: Safety in the Home NVNA 12:00 Pinochle	10:00 Exercise Club 18 11:00 Class: Mindfulness Meditation: Guided Imagery for Stress Relief 1:00 Bridge	9:00 Walking 19 1:00 SPTO Thanksgiving Luncheon Pinochle after	20  Shopping Trip	21 9:00 Walking 10:45 Senior Dine at American Pie <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>	22
23	9:00 Walking 24 10:30 Class: Relieve holiday stress/massage, sponsored by CT Nursing Services 12:00 Pinochle	10:00 Exercise Club 25  Shopping Trip 1:00 Bridge	26  Office closes at 12:00	27  Thanksgiving Office Closed	28  Office closed	29
30						

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Walking  Trip: Eleni's 12:00 Pinochle	2 10:00 Exercise Club 11:00 Class: Stress Relief Active meditation - coloring mandalas 1:00 Bridge	3 9:00 Walking  Trip Danbury Mall 12:00 Pinochle	4  Shopping Trip	5 9:00 Walking 10:45 Senior Dine at American Pie <i>German Potato Pancakes with 1 egg, spiced apples, or Veggie Fajita with side of spiced apples</i> 12:30 Sing-along with Player Piano	6
7	8 9:00 Walking 10:30 Book Discussion "Snow Falling on Cedars" Pinochle after	9 10:00 Exercise Club  Shopping Trip 1:00 Bridge	10 9:00 Walking 10:30 The Price is Right 12:00 Pinochle	11  12:00 Holiday Party at The Hearth	12 9:00 Walking 10:45 Senior Dine at American Pie <i>Florentine Omelet (spinach, tomato and cheese) with melon wedge and whole grain toast with margarine, or Chicken Caesar Salad-grilled chicken, croutons, parmesan cheese, creamy Caesar dressing w/fresh mixed greens</i>	13
14	15 9:00 Walking 10:30 Holiday Craft Class 12:00 Pinochle	16 10:00 Exercise Club 11:00 Holiday Tour Sherman Historical Society 1:00 Bridge	17 9:00 Walking 12:00 Pinochle 5:00 NM Hospital Dining Holiday Lights Drive	18  Shopping Trip 11:00 TED Talks for Seniors, with discussion to follow	19 9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita with side of spiced apples, or Portabello chicken with vegetable and whole grain bread</i>	20
21	22 9:00 Walking 12:00 Pinochle	23 10:00 Exercise Club  Shopping Trip 1:00 Bridge	24  Office closed at 12:00	25  Office closed	26  Office closed	27
28	29 9:00 Walking 12:00 Pinochle	30 10:00 Exercise Club  Shopping Trip 1:00 Bridge	31 9:00 Walking 12:00 Pinochle		Happy Birthday!  December: 01 Heidi Schultia 09 Allan Ostergren 13 Debbie Thorp 19 Jill Finch 31 Marie Stank	

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! January 03 Edgar Koester 16 Gertrud Berger 25 Tilly Jellen 27 Grace Hotchkiss 	Happy Birthday! January 03 Edgar Koester 16 Gertrud Berger 25 Tilly Jellen 27 Grace Hotchkiss 		1  Happy New Year! Office closed	2 9:00 Walking 10:45 Senior Dine at American Pie Veg, Quiche with slice of lettuce and tomato and whole grain bread, or Smoke Chicken Grill-roasted red peppers mozzarella and bacon on whole grain bread 12:30 Sing-along with Player Piano	3	
4 9:00 Walking 5 Trip Eleni's  12:00 Pinochle	6 10:00 Exercise Club 11:00 Class: Stress Relief - Coping skills for post holiday blues 1:00 Bridge	7 9:00 Walking  Trip Danbury Mall 12:00 Pinochle	8  Shopping Trip 11:00 TED Talks for Seniors, with discussion	9 9:00 Walking 10:45 Senior Dine at American Pie White house omelet- eggs white, tomato, spinach and ham with melon wedge and whole grain toast with margarine, or Meatloaf with gravy, mashed potato and side of spiced apples 12:30 Photo Book Class	10	
11 9:00 Walking 11:30 Blood Pressure  12:30 Birthday Party Pinochle after	13 10:00 Exercise Club 1:00 Bridge	14 9:00 Walking 11:30 Talk: NIMVNA Grief and Loss 12:00 Pinochle 5:00 NM Hospital Dining	15  Shopping Trip 12:30-2:00 Songs, music & more - come and listen to Sherman musicians	16 9:00 Walking 10:45 Senior Dine at American Pie German Potato Pancakes with 1 egg, spiced apples, or chicken parmesan sandwich-baked w/ parmesan & mozzarella cheese on Portuguese roll w/ spiced apples. 12:30 Photo Book Class	17	
18 19  Office closed	20 10:00 Exercise Club 11:00 Class: Stress Relief - Music Therapy for relaxation and stress 1:00 Bridge	21 9:00 Walking 10:30 First Selectman 12:00 Pinochle	22  Shopping Trip	23 9:00 Walking 10:45 Senior Dine at American Pie Roasted Veggie Fajita and spiced apples, or Gobbler sandwich-turkey, stuffing, cranberry sauce on whole grain bread 12:30 Photo Book Class	24	
25 26 9:00 Walking 10:30 Book Discussion 12:00 International Potluck Luncheon 12:00 Pinochle	27 10:00 Exercise Club 1:00 Bridge	28 9:00 Walking 12:00-1:30 Snowdate: International Potluck 12:00 Pinochle	29  Shopping Trip	30 9:00 Walking 10:45 Senior Dine at American Pie Banana Foster French Toast-topped with warm, sauté bananas 1/2 turkey, swiss and tomato sandwich on rye with lettuce and tomato and Soup of the Day 12:30 Photo Book Class	31	