

Sherman Senior Center Newsletter

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Nov 2015- Jan 2016



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Commission on Aging

- Juan Garcia • Ed Hayes
 - Arthur Jellen • Sheila McMahon
 - Jean McRoberts • Janet Wey
- Ex Officio:** Clay Cope

The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.



Sandy Daniels serving up savory and sweet waffles

Trips & Events

Senior Thanksgiving Luncheon: Wednesday, November 18, 1:00 PM Sherman School Cafeteria



Enjoy this yearly favorite... Delicious turkey dinner, mashed potatoes, stuffing, yams and more. Don't forget all those homemade pies! RSVP to the Sherman Senior Center 860-354-2414 ext #1, if you plan to attend, need either a homebound meal or transportation.

Sponsored by the Sherman Parent Teacher Organization

Trip: Neapolitan Crèche and Painted Pony Restaurant: Monday, December 7

We will visit the 18th-century Neapolitan Crèche. It is a rare and lavish display of a traditional Nativity scene which is thought to have been created as a gift to Victor Amadeus II, King of Sardinia, on the occasion of his coronation in 1720. We will stop for lunch at the Painted Pony Restaurant in Bethlehem, CT.



Sherman Seniors Holiday Party at the Hearth Restaurant: December 16, 1:00 PM

Entrée choices: sliced steak, baked scrod, stuffed chicken; includes: fruit cup, salad, entrée, dessert, coffee, and tax & tip. Cost is \$20; additional beverages are extra. Please RSVP with entrée by December 9; limited transportation, so call early!






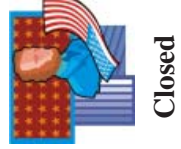








International Potluck Luncheon: January 25, 12:00 PM

Come and warm yourself and join us as we celebrate our beautiful and colorful heritages with friends, delicious food, stories and music. **Snow date Wed. January 27**





Three ways with waffles was the theme of a program hosted by Sandy Daniels of the Silo Cooking School on preparing, sharing and storing nutritious meals.

















November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	9:00 Walking  Trip Elenni's 12:00 Pinochle	3  10:00 Exercise Club Shopping Trip 1:00 Bridge	4  9:00 Walking Trip Danbury Mall 12:00 Pinochle	5 10:45 Senior Dine at American Pie <i>Vegetable Quiche of the day with lettuce and tomato and whole grain bread, or Cheeseburger deluxe-grilled w/ lettuce, tomato, onions.</i>	6 9:00 Walking 10:00 - 11:00 Beginner Line Dancing	7
8	9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after	10  10:00 Exercise Club Shopping Trip 11:00 Talk: Learn about Sherman's Social Services 1:00 Bridge	11  9:00 Walking Closed	12 10:15 Senior Dine at American Pie <i>Uncle Sam Grand Slam - 2 eggs, fries, apples, toast w/ choice of Applewood bacon, ham steak, jumbo sausage links or fruit, or Gobbler sandwich</i> 12:15 TED Talk	13  9:00 Walking Trip to Stew Leonard's	14
15	9:00 Walking 12:00 Pinochle	17  10:00 Exercise Club Shopping Trip 1:00 Bridge	18 9:00 Walking 1:00 SPTO Thanksgiving Luncheon <i>Pinochle after</i>	19 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita with side of spiced apples, or Chicken BLT-chicken cutlet, bacon, lettuce, tomato on roll</i>	20 9:00 Walking 10:00 - 11:00 Beginner Line Dancing 12:00 - 2:00 Housatonic Probate Judge Martin Landgrebe Call for appointment!	21
22	9:00 Walking 10:30 Craft Class 12:00 Pinochle	24  10:00 Exercise Club Shopping Trip 1:00 Bridge	25 9:00 Walking Office closed at noon	26  Thanksgiving Office Closed	27 9:00 Walking Closed	28
29	9:00 Walking 12:00 Pinochle	Happy Birthday!  Stanley Ginsberg Melinda Albert Beth Trott Lisa Ciflio Marilyn Rios	 TED Talk - "Ellis Island"			

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday!  Heidi Schulta Allan Ostergren Debbie Thorp Jill Finch Marie Stank	1  10:00 Exercise Club Shopping Trip 11:00 Talk: State Trooper on Safety in Sherman <i>1:00 Bridge</i>	2  9:00 Walking Trip Danbury Mall 12:00 Pinochle	3 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 Caesar Salad</i>	4 9:00 Walking Beginner Line Dancing 10:00 - 11:00	5
6	7 Trip: Bethlehem Nativity and Lunch at Painted Pony 12:00 Pinochle	8  10:00 Exercise Club Shopping Trip <i>1:00 Bridge</i>	9 9:00 Walking 11:00 Tour of Sherman Historical Society 12:00 Pinochle	10 10:45 Senior Dine at American Pie <i>Florentine Omelet (spinach, tomato and cheese) w. melon and whole grain toast, or meatloaf with gravy, mashed potato and spiced apples</i> 12:15 TED Talk: Vienna Christmas	11 9:00 Walking 12:00-2:00 Housatonic Probate judge Martin Landgrebe Call for Appointment	12
13	14 9:00 Walking 12:00 Pinochle	15  10:00 Exercise Club Shopping Trip <i>1:00 Bridge</i>	16 9:00 Walking  12:00 Holiday Party at The Hearth	17 10:45 Senior Dine at American Pie <i>Banana Foster: French Toast with sautéed bananas, or Portobello chicken with vegetable and whole grain bread</i>	18  9:00 Walking Trip ShopRite	19
20	21 9:00 Walking 10:30 Craft Class 12:00 Pinochle	22  10:00 Exercise Club Shopping Trip <i>1:00 Bridge</i>	23 9:00 Walking 11:00 Cookie Exchange 12:00 Pinochle	24 Office Open No Senior Dine	25  Office Closed	26
27	28 9:00 Walking 12:00 Pinochle	29  10:00 Exercise Club Shopping Trip <i>1:00 Bridge</i>	30 9:00 Walking 12:00 Pinochle	31 Office Open No Senior Dine	 Brown's Forge July 31	

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Happy Birthday!</p>  <p>Edgar Koester Gertrud Berger Tilly Jellen Grace Hothkiss</p>				 <p>Happy New Year! Office Closed</p>	<p>1</p>
3	<p>9:00 Walking</p> <p>Trip: Eleni's</p>  <p>12:00 Pinochle</p>	<p>10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>6</p>  <p>9:00 Walking</p> <p>Trip Danbury Mall</p> <p>12:00 Pinochle</p>	<p>7</p> <p>10:45 Senior Dine at American Pie</p> <p>White House Omelet - egg white, tomato, spinach & ham w/melon or French Dip-Sauteed onions, slice of beef w/melted swiss on club roll; onion soup for dipping</p>	<p>9:00 Walking</p> <p>Housatonic Probate judge Martin Landgrebe Bring questions!</p>	<p>9</p>
10	<p>9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p>  <p>Pinochle after</p>	<p>10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>13</p> <p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>14</p> <p>10:45 Senior Dine at American Pie</p> <p>German Potato Pancakes with 1 egg, spiced apples, or Eggplant parm sandwich-baked marina, Parmesan & mozzarella on Portuguese roll w/spiced apples</p> <p>12:15 TED Talk</p>	<p>9:00 Walking</p> <p>Shopping Trip Shoprite</p> 	<p>16</p>
17	<p>9:00 Walking</p>  <p>Office Closed</p>	<p>10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>20</p> <p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>21</p> <p>10:45 Senior Dine at American Pie</p> <p>Roasted Veggie Fajita and spiced apples, or Smoke Chicken, roasted red peppers mozzarella cheese and bacon on whole grain bread</p> <p>12:30 2nd Annual Winter Music - Fest</p>	<p>9:00 Walking</p> <p>Trip Movie and Applebees</p> 	<p>23</p>
24	<p>9:00 Walking</p> <p>12:00 International Potluck Luncheon</p> <p>Pinochle after</p>	<p>10:00 Exercise Club</p> <p>Shopping Trip</p>  <p>1:00 Bridge</p>	<p>27</p> <p>9:00 Walking</p> <p>12:00 Snow date for International Potluck Luncheon</p> <p>12:00 Pinochle</p>	<p>28</p> <p>10:45 Senior Dine at American Pie</p> <p>Vegetable Quiche w. lettuce, tomato and whole grain bread, or Hot open pot roast sandwich on whole grain bread with gravy and spiced apples</p>	<p>9:00 Walking</p> 	<p>30</p>
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