

Sherman Senior Center Newsletter

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February - April 2015



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Commission on Aging

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

Ex Officio: Clay Cope



On March 10, herbalist, Barrie Sachs will host a tour and tea tasting at Happy Rainbows.

Trips & Events

American Airpower - Bombers 1935-1960: Wed, February 18 at 10:30. Sherman Author, John Cilio, will present his fascinating program. (Snow date February 20)

Connecticut Flower & Garden Show 2015: February 19. Join us for a trip to the CT Convention Center to forget about winter. This year's theme is "The Spirit of Spring." Limited Transportation, reserve early. Cost \$14 cash.

Happy Rainbows: March 10 at 11:00. Join us at Happy Rainbows for a Tour and Tea Tasting with Barrie Sachs, herbalist and proprietor. Happy Rainbows is a jewel of positive influence and energy healing possibilities!

St. Patty's Party at The Hearth: Wed, March 11, 12:00. Join us for a St. Patty's Day celebration and a bit of singing! Entrée choice: corned beef & cabbage, sliced steak, stuffed shicken or baked scrod. Lunch includes entrée, salad, stuffed baked potato, mixed vegetables, coffee, dessert, tax & tip. Transportation is available. Reserve early, entrée choice and money is due by March 1. Cost \$20.

AARP Safe Driving Class: March 19, 9:00 to 1:00. 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.

Cooking with Lori: Lori Bechtold is back with some new cooking programs. Feb 23: Warm Winter Soups; Mar 30: Easy, Elegant Cake Decorating; Apr 27: Spring Brunch Ideas. Cost \$10.

Health and Wellness programs:

Feb 25 at 11:00 - M-Touch hand massage class to reduce anxiety and pain.











Mar 16 at 11:00 - Coffee & Conversation about Caregivers.

Mar 18, 9:30 -11:30 - Free Hearing Tests.

Mar 24 at 10:45 - NMVNA physical therapist will offer free postural assessments.

Art Therapy Workshop Course: This three-week workshop is an opportunity to explore artistic expression and well-being. No art experience required! We can all use our creativity as a positive force that inspires and motivates us to connect with ourselves and others. Come explore your creativity, find your voice and tell your stories through art in a supportive group setting. Workshops will take place Wednesdays, April 8, 15 and 22. Cost \$5.

February 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 11:00 Class: Art Therapy for relaxation and stress 1:00 Bridge	4  9:00 Walking Trip Danbury Mall 12:00 Pinochle	5 Duckpin Bowling and lunch out 	6 9:00 Walking 10:45 Senior Dine at American Pie <i>Blueberry Pancakes with 1 egg, cooked apples, or Soup of the Day with 1/2 Chef's salad with ham, turkey and cheese and low fat dressing, whole grain bread</i> 12:30 Knit & Crochet Club	7
8	9:00 Walking 11:30 Blood Pressure  12:30 Birthday Party Pinochle after	10 10:00 Exercise Club Shopping Trip 1:00 Bridge	11 9:00 Walking 10:30 Opera Highlights 12:00 Pinochle	12 11:00 TED talks and discussion club <i>(How to let altruism be your guide)</i>	13 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>	14
15	16  Office closed	17 10:00 Exercise Club Shopping Trip 11:00 Class: Mindfulness Meditation - Guided Imagery for Stress Relief 1:00 Bridge	18 9:00 Walking 10:30 Talk: WWII Bombers 12:00 Pinochle 5:00 NM Hospital Dining (Cost: \$7.50)	19 Trip: CT Flower & Garden Show (\$14) 	20 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 BLI-chicken cutlet, bacon, lettuce, tomato on roll</i> 1:00 Snowdate for Bombers	21
22	9:00 Walking 8:30 COA 10:00 Cooking with Lori 12:00 Pinochle 	24 10:00 Exercise Club Shopping Trip 1:00 Bridge 	25 9:00 Walking 11:00 M-Touch hand massage Pinochle after	26 11:00 TED talks and discussion club <i>(Ingenious homes in unexpected places)</i>  12:30 Trip: Royal Buffet	27 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 w/ potato salad</i>	28






Happy Birthday!















Betty Trott
Mike Crawford
Nancy Giddings
Gary Albert

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	9:00 Walking  Trip: Elenni's 12:00 Pinochle	10:00 Exercise Club Shopping Trip 11:00 Class: Art Therapy for Relaxation and Stress 1:00 Bridge	9:00 Walking Trip Danbury Mall 12:00 Pinochle	Shopping Trip Shoprite	9:00 Walking 10:45 Senior Dine at American Pie <i>Potato Pancakes with 1 egg, spiced apples, or Soup with 1/2 Chicken Caesar Salad</i> 12:30 Knit & Crochet Club	7
8	9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after	10:00 Exercise Club Shopping Trip 11:00 Tour: Happy Rainbows Tea tasting 1:00 Bridge	9:00 Walking  12:00 St. Patty's Day Party at The Hearth	11:00 TED Talks for Seniors, with Discussion <i>(How to live passionately, no matter your age)</i>	9:00 Walking 11:00 Class: How to protect and save your photos 10:45 Senior Dine at American Pie <i>Florentine Omelet with melon and whole grain toast, or hot open pot roast sandwich on whole grain bread with gravy and side of spiced apples</i>	14
15	9:00 Walking 8:30 COA 11:00 Coffee & Conversation: Caregivers 12:00 Pinochle 2:00 Beginners Computer Class	10:00 Exercise Club Shopping Trip 11:00 Class: Mindfulness practice for relaxation and stress reduction 1:00 Bridge	9:00 Walking 9:30 - 11:30 Free Hearing Test 12:00 Pinochle 5:00 NM Hospital Dining (Cost: \$7.50)	9:00-1:00 AARP Safe Driving Class 	9:00 Walking 10:45 Senior Dine at American Pie <i>Cheese Blintzes w/cream cheese and hot apples or seasonal fruit, or Portobello chicken with vegetable and whole grain bread</i> 12:30 Talk: Housatonic Probate Court Judge Martin Landgrebe	21
22	9:00 Walking 10:30 Book Discussion (Sara Gruen: <i>Water for Elephants</i>) 12:00 Pinochle 2:00 Beginners Computer Class	10:00 Exercise Club Shopping Trip 10:45 Postural Assessments 1:00 Bridge	9:00 Walking 12:00 Pinochle	11:00 TED Talks for Seniors, with Discussion <i>(How societies can grow old better)</i>	9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita with side of spiced apples, or French Dip - Sautéed onions, thin slice of beef w/melted Swiss on grilled club roll. Served w/onion soup for dipping.</i>	28
29	9:00 Walking 10:00 Cooking with Lori  12:00 Pinochle 2:00 Beginners Computer Class	10:00 Exercise Club Shopping Trip Class: Egg Decorating 1:00 Bridge	12:00 Pinochle			
				Happy Birthday! Elisabeth Pfaff Nelda Scheremeta		

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sherman Senior Center Weekly Schedule Shopping Trip to New Milford Walking Group Pinochle Card Games Exercise Club Bridge Club Senior Dine at American Pie		Tues 9:30 Mon, Wed, Fri 9:00 Mon & Wed 12:00-4:00 Tues 10:00 Tues 1:00-4:00 Fri 10:45	1 9:00 Walking  Trip Danbury Mall 12:00 Pinochle	2  Shopping Trip Shoprite	3  Office Closed	4
5 	6  Office Closed	7 10:00 Exercise Club  Shopping Trip 1:00 Bridge	8 9:00 Walking 10:00 Class: Art Therapy Workshop 12:00 Pinochle	9 11:00 TED Talks for seniors, with discussion (<i>How to live to be 100+</i>)	10 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 Meatloaf with gravy, mashed potato and side of spiced apples</i>	11
12	13 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party <i>Pinochle after</i>	14 10:00 Exercise Club  Shopping Trip 1:00 Bridge	15 9:00 Walking 10:00 Class: Art Therapy Workshop 12:00 Pinochle 5:00 NM Hospital Dining (Cost: \$7:50)	16 Trip: Let's Go to the Movies, TBA 	17 9:00 Walking 10:45 Senior Dine at American Pie <i>German Potato Pancakes with 1 egg, spiced apples, or Chicken parmesan sandwich-baked w/ marinara, parmesan & mozzarella cheese on Portuguese roll with spiced apples.</i>	18
19	20 9:00 Walking 8:30 COA 12:00 Pinochle 2:00 Hints for Smart Phones	21 10:00 Exercise Club  Shopping Trip 11:00 Class: Mindfulness practice for relaxation and stress reduction 1:00 Bridge	22 9:00 Walking 10:00 Class: Art Therapy Workshop 12:00 Pinochle	23 12:30 Sing along with player piano	24 9:00 Walking 10:45 Senior Dine at American Pie <i>Banana Foster French Toast- topped with warm sautéed bananas, or Gobbler sandwich- turkey, stuffing, cranberry sauce on whole grain bread</i>	25
26	27 9:00 Walking 10:00 Cooking with Lori 12:00 Pinochle 	28 10:00 Exercise Club  Shopping Trip 1:00 Bridge	29 9:00 Walking Trip: Painted Pony and Daffodils 12:00 Pinochle	30 1:00 Garden Class Project	Happy Birthday!  Buddy Pierce Joan Eagle Loes Ostergren	