

Sherman Senior Center Newsletter

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May - July 2015



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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.



Arthur Jellen, the Puzzle King!

Trips & Events

Learn to Self Publish: May 1 at 1:00. Carol Dorn instructor.

Sherman School Art Show: May 14, 9:15-10:15. A tour of the beautiful art created by Sherman students. **(RSVP and ID required)**

Difficult Conversations about "touchy subjects":

Part 1: May 22 at 10:00. Talk by Dr. Daniel Joynt, professor of counseling at WCSU. Disagreement is not a bad thing...it may even be an opportunity. Learn and practice skills to avoid relationship breakdown with those in our everyday life. . . . **Part 2:** July 24 at 10:00. Choosing to connect with others in order to build bridges and solve problems . . . today.

Probate Information: 2nd Friday of every month 12-2. Housatonic probate court judge, Martin Landgrebe. Bring your questions; call and schedule a private appointment, if needed. Walk-ins welcome!

TED Talks: 2nd Thursdays at 12:30. Lively discussion and refreshments.

Gadgets & Things (Assistive Devices): May 27 at 11:00. Come and tryout some assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock, smart pen, talking watch plus many more. This program is sponsored by the Western Connecticut Agency on Aging.

Book Discussion: *Secret Life of Bees* – June 29 at 10:30. Call for your copy.

"Brain Games": July 29 at 10:30.

Talk: May 5, 11:00. Social Service Programs.

Talk: May 12, 11:00. Bethel Healthcare nutritionist will talk on healthy breakfast ideas for all, and will be bringing samples.

Talk: May 18, 10:30. Eversource presentation on "Choosing an energy supplier."

Trip: May 29. Walkway over the Hudson.

Trip: June 25 at 2:00. Sharon Playhouse, "My Fair Lady."

Trip: July 16 at 2:00. Sharon Playhouse, "Merrily we Roll Along."

Senior Dine Club: Thursdays at American Pie; first Monday at Eleni's in Woodbury. It is easy to sign up for a card.

Walking Group: Every Mon, Wed, Fri at 9:00 we meet at the Sherman Track. Let's get outside and move!

Exercise Club: Every Tues at 10:00. Stretching and gentle exercise plan was designed by NMVNA physical therapist to gain strength, improve flexibility and balance (Free).

Talk: July 20, 10:30. Eversource presentation on "Storm Preparedness."














Sherman Senior Picnic: Wednesday, July 22, 12-2 at Holiday Point. The senior center will provide the drinks and dessert. Call for transportation.

Cooking with Lori: *Taking advantage of the Farmers' Markets.* July 27 at 10:00.













Lemonade and Music: Thursday, July 30 at 12:30. Listen to the player piano and have a cool cup of lemonade.

Trip: July 31. Tour Brown's Forge and lunch at Gaylordsville Diner.

















May 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 3  Happy Birthday! Dorothy Clark Carol Mehne Anne Torok Carol Voorhees | 4 9:00 Walking  Trip Etleni's 12:00 <i>Pinochle</i> | 5  10:00 Exercise Club Shopping Trip 11:00 Talk: Social Service Programs 1:00 <i>Bridge</i> | 6  9:00 Walking Trip Danbury Mall 12:00 <i>Pinochle</i> |  Hand Massage 7 10:45 Senior Dine at American Pie <i>Uncle Sam Grand Slam, or Soup of the day, 1/2 turkey sandwich</i> 12:30 TED Talk | 1 9:00 Walking 10:45 Senior Dine at American Pie <i>(Menu: TBD)</i> 1:00 Class: Learn to Self-Publish | 2 |
| 10 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party <i>Pinochle after</i> | 11 9:00 Walking  12:30 Birthday Party <i>Pinochle after</i> | 12  10:00 Exercise Club Shopping Trip 11:00 Talk: Healthy Breakfasts 1:00 <i>Bridge</i> | 13 9:00 Walking 11:30 Red Cross "Wheels" Presentation 12:00 <i>Pinochle</i> | 14 9:15 Tour: Sherman School Art Show 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 9:00 Walking  Shopping Trip ShopRite | 16 |
| 17 9:00 Walking 10:30 Talk: Choosing Your Energy Supplier 12:00 <i>Pinochle</i> | 18 9:00 Walking 10:30 Talk: Choosing Your Energy Supplier 12:00 <i>Pinochle</i> | 19  10:00 Exercise Club Shopping Trip 11:00 Happy Rainbows Tea tasting 1:00 <i>Bridge</i> | 20 9:00 Walking 12:00 <i>Pinochle</i> 5:00 NM Hospital Dining | 21 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita with side of spiced apples, or Chicken parmesan sandwich-baked w/ parmesan & mozzarella cheese on Portuguese roll w/ spiced apples.</i> | 22 9:00 Walking 10:00 Workshop: Difficult Conversations about "touchy subjects" | 23 |
| 24  Town Parade 31 | 25  Memorial Day Office Closed | 26  10:00 Exercise Club Shopping Trip 1:00 <i>Bridge</i> | 27 9:00 Walking 11:00 Gadgets & Things (Assistive Devices) <i>Pinochle after</i> | 28 10:45 Senior Dine at American Pie <i>German Potato Pancakes with 1 egg, spiced apples, or Hot open pot roast sandwich on whole grain bread with gravy and side of spiced apples</i> | 29  Trip: Walkway Over the Hudson | 30 |

June 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
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| | 1 9:00 Walking  Trip: Elenni's 12:00 Pinochle | 2 10:00 Exercise Club Shopping Trip  1:00 Bridge | 3 9:00 Walking  Danbury Mall 12:00 Pinochle | 4 10:45 Senior Dine at American Pie <i>Florentine Omelet (spinach, tomato and cheese) w. melon wedge, or Soup of the Day and 1/2 Chef's salad</i> 2:00-3:00 Volunteer Tea | 5 9:00 Walking Shopping Trip Shoprite  | 6 | |
| 7 | 8 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  <i>Pinochle after</i> | 9 10:00 Exercise Club Shopping Trip  1:00 Bridge | 10 9:00 Walking 12:00 Pinochle | 11 10:45 Senior Dine at American Pie <i>Vegetable Quiche of the day, or Chicken BLI-chicken cutlet, bacon, lettuce, tomato on roll</i> 12:30 TED Talk: World War II Experience | 12 9:00 Walking 12:00-2:00 Housatonic Probate judge Martin Landgrebe Bring questions! | 13 | |
| 14 | 15 9:00 Walking 10:30 Craft Class: "Wind Chimes" 12:00 Pinochle | 16 10:00 Exercise Club Shopping Trip  1:00 Bridge | 17 9:00 Walking 12:00 Pinochle | 18 9:00 Walking 10:45 Senior Dine at American Pie <i>Cheese Blintzes- two light crepes w/ sweet cream cheese topped with hot apples, or seasonal fruit, or French Dip-Sauteed onions, thin slice of beef w/ melted swiss on grilled club roll. Served w/onion soup for dipping</i> | 19 9:00 Walking 10:00 Sieber House Garden Tour | 20 | |
| 21 | 22 9:00 Walking 12:00 Pinochle | 23 10:00 Exercise Club Shopping Trip  1:00 Bridge | 24 9:00 Walking 12:00 Pinochle 5:00 NM Hospital Dining | 25 9:00 Walking 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita, or Soup of the day w/ 1/2 Chicken Caesar salad</i> 2:00 Trip: Sharon Tri-Arts Theatre My Fair Lady (\$25)  | 26 9:00 Walking 1:00 Class: NMVNA Posture Exercises | 27 | |
| 28 | 29 9:00 Walking 10:30 Book Discussion: Secret Life of Bees 12:00 Pinochle | 30 10:00 Exercise Club Shopping Trip  1:00 Bridge | <p>Happy Birthday!</p> <p>  Leslie Auer Paul Dorn Janet Way Willy Knaak Betty Biro Al Burkhardt Wally Pfaff </p> | | | <p>Cold at Elenni's</p>  <p>Gary & Beth on St. Patty's Day</p> | |

July 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  Carol Gerger Suzette Berger Barbara Hollander Alice Schneckenburger Happy Birthday! Ed Hayles Jean Sheldon Arthur Jellen Sharon Schneckenburger | 5 9:00 Walking Trip: Eleni's  12:00 Pinochle | 6 9:00 Walking Trip: Eleni's  12:00 Pinochle | 7 10:00 Exercise Club Shopping Trip  1:00 Bridge | 8 9:00 Walking 10:30 Sherman EMS 12:00 Pinochle | 1 9:00 Walking Trip Danbury Mall  12:00 Pinochle | 2 10:45 Senior Dine at American Pie <i>Vegetable Quiche of the day w/ slice of lettuce and tomato and whole grain bread, or Smoke Chicken Grill- chicken, roasted red peppers mozzarella cheese and bacon on whole grain bread</i> |
| 12 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after | 13 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after | 14 10:00 Exercise Club Shopping Trip  1:00 Bridge | 15 9:00 Walking 12:00 Pinochle 5:00 NM Hospital Dining | 16 10:45 Senior Dine at American Pie <i>German Potato Pancakes, or 1/2 Comed Beef Reuben Sandwich w/ potato salad</i> 2:00 Trip: Sharon Tri-Arts Theatre <i>Merrily We Roll Along (\$25)</i> | 3 Office Closed  | 4  |
| 19 9:00 Walking 10:30 Talk: Storm Preparedness 12:00 Pinochle | 20 9:00 Walking 10:30 Talk: Storm Preparedness 12:00 Pinochle | 21 10:00 Exercise Club Shopping Trip  1:00 Bridge | 22 9:00 Walking 12:00 Senior picnic at Holiday Point  Pinochle after | 23 10:45 Senior Dine at American Pie <i>Banana Foster French Toast-topped w/ warm sauté bananas, or Gobbler sandwich- turkey, stuffing, cranberry sauce on whole grain bread</i> | 17 9:00 Walking Shopping Trip Shoprite  | 18 9:00 Walking Shopping Trip Shoprite |
| 26 9:00 Walking 10:00 Cooking with Lori: Farmers' Markets (\$10)  12:00 Pinochle | 27 9:00 Walking 10:00 Cooking with Lori: Farmers' Markets (\$10)  12:00 Pinochle | 28 10:00 Exercise Club Shopping Trip  1:00 Bridge | 29 9:00 Walking 10:30 "Brain Games" 12:00 Pinochle | 30 10:45 Senior Dine at American Pie <i>Blueberry Pancakes w/ 1 egg, cooked apples, or Soup of the Day w/ 1/2 Chef's salad</i> 12:30 Player Piano and Lemonade | 10:00 Conversations About "touchy subjects" 1:00 Trip: Brown's Forge and Gaylordsville Diner | 25 9:00 Walking 10:00 Conversations About "touchy subjects" 1:00 Trip: Brown's Forge and Gaylordsville Diner |