

Sherman Senior Center Newsletter

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Feb - Apr 2016



WEB SITE: www.townofshermanct.org • EMAIL: shermanseniorcenter@gmail.com

Helpful Contacts

Coordinator

Suzette Berger

860-354-2414, ext.1

shermanseniorcenter@gmail.com

Assistant

Lynne Gomez

Van Drivers

Anna Miskiv • Sue Moore

FISH

860-355-4334

Director of Social Services

Beth Trott, MSW

860-354-2414, ext.2

shermansocserv@gmail.com

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.



Happy Birthday!

Trips & Events

Connecticut Flower and Garden Show. Friday, Feb. 19. Cost \$14 (cash only at door)

This year's theme: "In the Spotlight." View gorgeous landscape exhibits constructed by some of the most talented landscape designers in Connecticut. The award-winning landscape exhibits occupy over an acre within the Convention Center Exhibit Hall. Landscapes in full bloom with lush green grass and fragrant flowers continue to amaze attendees each year. Over 300 booths filled with plants, flowers, fertilizers, soil testing, garden tools, tractors & mowers, patio & lawn furniture and more! Transportation is limited, sign up early.

Craft Club - Monday, Feb. 22 at 10:30. We will be making red bows with Julia's Wings Foundation to recognize and support children with Aplastic Anemia.

Nature Program - Thursday, Feb. 25 at 12:15. Local bird enthusiast Angela Dimmitt will present a program on the plants and birds of Ecuador (Andes) and Panama.

Senior Sewing Project - Monday, Feb. 29 at 10:45. We need volunteers to help finish the heart pillows for children in the heart ward at Columbia Presbyterian Hospital. Matthew's Hearts of Hope. This is simple sewing! Snow date March 1.

Cooking with Lori - Monday, March 7 at 10:00. Cooking class with Lori Bechtold of Sherman, graduate from Johnson & Wales University w/ a degree in Culinary Arts and Baking/ Pastry and Culinary Nutrition. Call for details. Cost \$10.

Hearth Party for St. Patty's Day - Wednesday, March 16, 12:00. Join us as we celebrate St. Patrick's Day at The Hearth Restaurant. Cost \$20 includes: Fruit Cup, Salad, Entrée, Dessert, Coffee, and Tax & Tip. Other Beverages are extra. Entrée Choices: Sliced Steak, Baked Scrod, Stuffed Chicken or Corned Beef and Cabbage. Please RSVP with entrée choice by March 9. Limited transportation available.

Ageing Workshops - Part 1: Friday, March 18, 11:00. Part 2: April 1, 11:00. "What is Normal Aging?" Dr. Susan Varano, a highly regarded dual board certified physician in geriatrics and internal medicine and Cindy LaCour, social worker, will give a 40 minute presentation on the physical and cognitive signs of normal aging. Following the talk, Dr. Varano will take questions. Free Memory Screenings will also be provided to anyone interested.

Author Lisa Wright - Monday, March 21 at 11:00. "Why Go On: Connecticut Residents Bring Dark Days to Light."














AARP Driver Safety Class -- Friday, April 15, 9-1. 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 ext #1 to sign up for the course.

Technology Workshop - Computer/Smart Phone Classes. Are you in need of some computer help to browse the internet, order pictures online, connect to wifi, or just send an email? The Sherman Senior Center will be hosting a technology workshop for senior citizens from the Sherman community. Laura, our social work student intern, will be matching middle school students with seniors for one-on-one teaching. The workshop will run Thursdays, 3:30-4:30 February 4-25. For more information, please call the Sherman Senior Center at (860) 354-2414 ext #1

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Walking Trip: Eleni's 12:00 Pinochle	 10:00 Exercise Club Shopping Trip 1:00 Bridge	9:00 Walking Trip: Danbury Mall 12:00 Pinochle	4 10:45 Senior Dine at American Pie <i>Vegetable Quiche or Chicken cutlet, BLT.</i> 3:30 -4:30 Technology Workshop: Computers & Smart Phones	5 9:00 Walking 10:00 - 11:00 Beginner Line Dancing	6	
7 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after	9 10:00 Exercise Club Shopping Trip  11:00 Valentine Craft 1:00 Bridge	10 9:00 Walking 12:00 Pinochle	11 10:15 Senior Dine at American Pie <i>Uncle Sam Grand Slam or Gobbler sandwich.</i> 12:15 TED Talk "The case for engineering our food" 3:30-4:30 Technology Workshop	12 9:00 Walking 12:00-2:00 Housatonic Probate Judge <i>Private Appointments</i>	13	
14 15  Office Closed	16 10:00 Exercise Club Shopping Trip  10:45 Class: Mindfulness 1:00 Bridge	17 9:00 Walking 11:00 Talk: Diet and Portion Control 12:00 Pinochle	18 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita, or Cheeseburger deluxe.</i> 12:15 Bingo Fun 3:30-4:30 Technology Workshop	19 9:00 Walking Trip: Connecticut Flower Show \$14 cash at door 	20	
21 9:00 Walking 10:30 Craft Class: Red Bows for Julia's Wings 12:00 Pinochle	23 10:00 Exercise Club Book Discussion: <i>Book Thief</i> Shopping Trip  1:00 Bridge	24 9:00 Walking 12:00 Pinochle	25 10:45 Senior Dine at American Pie <i>French toast- topped w. strawberries, or Chicken parmesan sandwich.</i> 12:15 Plants and Birds of Equador and Panama 3:30-4:30 Technology Workshop	26 9:00 Walking 11:00 Pinterest Class 12:15 Snowdate 2/25 talk	27	
28 9:00 Walking 10:45 Sewing Pillows for Children's Hospital 12:00 Pinochle	<p>Happy Birthday!</p>  <p>Betty Trott Mike Crawford Nancy Giddings Rosemary O'Connell Mary Ann Philipakos Gary Albert</p>					

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday!</p>  <p>Elisabeth Pfaff Nalda Scheremeta</p>	<p>1</p>  <p>10:00 Exercise Club Shopping Trip</p> <p>10:45 Sewing Pillows for Children's Hospital 1:00 Bridge</p>	<p>2</p>  <p>9:00 Walking Trip Danbury Mall</p> <p>12:00 Pinochle</p>	<p>3</p> <p>10:45 Senior Dine at American Pie <i>German Potato Pancakes or Meatloaf with gravy, mashed potato and spiced apples.</i></p> <p>12:00 Presentation: Senior Discounts</p>	<p>4</p> <p>9:00 Walking Beginner Line Dancing</p> <p>10:00 - 11:00</p>	<p>5</p>	
<p>6</p> <p>9:00 Walking</p> <p>10:00 Cooking with Lori</p>  <p><i>Pinochle after</i></p>	<p>8</p>  <p>10:00 Exercise Club Shopping Trip</p> <p>10:45 Class: Mindfulness 1:00 Bridge</p>	<p>9</p> <p>9:00 Walking</p> <p>10:00 Snow date for Cooking with Lori 3/7</p> <p>12:00 Pinochle</p>	<p>10</p> <p>10:45 Senior Dine at American Pie <i>Florentine Omelet or Soup of the day with 1/2 Chicken Caesar Salad.</i></p> <p>12:15 TED Talk: Violence Against Women - It's a Men's Issue</p>	<p>11</p> <p>9:00 Walking</p> <p>12:00-2:00 Workshop: Estate Trusts, Wills, Probate 101</p>	<p>12</p>	
<p>13</p> <p>9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p>  <p><i>Pinochle after</i></p>	<p>15</p>  <p>10:00 Exercise Club Shopping Trip</p> <p>11:00 Talk: First Selectman 1:00 Bridge</p>	<p>16</p> <p>9:00 Walking</p>  <p>12:00 St. Patty's Party at the Hearth</p>	<p>17</p> <p>10:45 Senior Dine at American Pie <i>Banana Foster French Toast, or 1/2 Corned Beef Reuben on rye.</i></p> <p>12:15 Bingo Fun</p>	<p>18</p> <p>9:00 Walking</p> <p>11:00 Workshop: What is Normal Aging? Part 1</p>	<p>19</p>	
<p>20</p> <p>9:00 Walking</p> <p>11:00 Talk: Author Lisa Wright "Why Go On?: Connecticut Residents Bring Dark Days to Light." 12:00 Pinochle</p>	<p>22</p>  <p>10:00 Exercise Club Shopping Trip</p> <p>11:00 Craft: Egg Coloring 1:00 Bridge</p>	<p>23</p> <p>9:00 Walking</p> <p>12:00 Snow date for St. Patty's Party 3/16</p> <p>12:00 Pinochle</p>	<p>24</p> <p>10:45 Senior Dine at American Pie <i>Vegetable Quiche of the day, or Portobello chicken.</i></p>	<p>25</p> 	<p>26</p>	
<p>27</p> 	<p>29</p>  <p>10:00 Exercise Club Shopping Trip</p> <p>10:45 Class: Mindfulness 1:00 Bridge</p>	<p>30</p> <p>9:00 Walking</p> <p>10:30 Craft Group with Jodi</p> <p>12:00 Pinochle</p>	<p>31</p> <p>10:45 Senior Dine at American Pie <i>Uncle Sam Grand Slam, or Chef salad.</i></p> <p>1200 Talk: Scams - prevention and how to report</p>			

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday!</p>  <p>Loes Ostergren Monty Clark Kit Lee</p>	<p>4 9:00 Walking</p> <p>Trip Painted Pony</p>  <p>12:00 Pinochle</p>	<p>5 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>11:00 Craft Class</p> <p>1:00 Bridge</p> 	<p>6 9:00 Walking</p> <p>Trip Danbury Mall</p>  <p>12:00 Pinochle</p>	<p>7 10:45 Senior Dine at American Pie: <i>White house omelet, or French Dip with onion soup.</i></p> <p>4:00 Dress Rehearsal for Sherman School Play. Seniors Welcome!</p>  	<p>1 11:00 Workshop: What is Normal Aging - Part 2</p>	<p>2</p>
<p>10 11 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p> 	<p>12 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>10:45 Class: Mindfulness</p> <p>1:00 Bridge</p> 	<p>13 9:00 Walking</p> <p>11:00 M-Touch Hand Massage</p> <p>12:00 Pinochle</p>	<p>14 10:45 Senior Dine at American Pie <i>German Potato Pancakes or Eggplant parmigian cutlet sandwich and apples.</i></p> <p>12:15 TED Talk: What Makes a Good Life?</p>	<p>15 9:00 Walking</p> <p>9:00-1:00 AARP Safe Driving Class</p> 	<p>9 9:00 Walking</p> <p>Housatonic Probate judge Martin Landgrebe</p> <p>Call for appointment; drop-ins welcome!</p>	<p>16</p>
<p>17 18 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>19 10:00 Exercise Club with Physical Therapist</p> <p>Shopping Trip</p> <p>11:00 Craft Class</p> <p>1:00 Bridge</p> 	<p>20 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>21 10:45 Senior Dine at American Pie <i>Roasted Veggie Fajita or hot open pot roast on whole grain bread.</i></p> <p>12:15 Bingo Fun</p>	<p>22 9:00 Walking</p>	<p>23</p>	<p>24 9:00 Walking</p> <p>12:00 Pinochle</p>
<p>24 25 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>26 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>11:00 Book Discussion: Kite Runner</p> <p>1:00 Bridge</p> 	<p>27 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>28 10:45 Senior Dine at American Pie <i>Blueberry pancakes w/ egg and cooked apples, or Smoke Chicken on whole grain bread</i></p> <p>12:15 Talk: Gadgets & Things (Learn about the newest assistive tools)</p>	<p>29 11:00 Garden Crafts</p>	<p>30</p>	<p>29 11:00 Garden Crafts</p>