

Sherman Senior Center Newsletter

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May-June 2016



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

Helpful Contacts

Coordinator

Suzette Berger

860-354-2414, ext.1

shermanseniorcenter@gmail.com

Van Drivers

Anna Miskiv • Sue Moore

Director of Social Services

Beth Trott, MSW

860-354-2414, ext.2

shermansocserv@gmail.com

Assistant

Lynne Gomez

FISH

860-355-4334

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.

Activities and New Programs

New Monthly Trip to Town! We are offering a trip to town the first Wednesday of every month. This will be to the Sherman Library, P.O., IGA, and Town Hall ... Call 2 days prior to schedule home pickup.

Personal Trainer presentation: "You are What you Eat" - May 3 & 17 11:00. Sherman resident, Gloria Chiesi will bring vitality, motivation and inspiration as she advises us on the best foods to keep the body moving.

Turtles at Great Hollow - May 6 at 11:00. Join us on a trip to Great Hollow to explore and study turtles. You can bring a bag lunch and explore the natural wetlands and beautiful grounds.

Cooking with Lori - May 16 at 10:00. Menu: Homemade Ricotta Cheese, Crepes w/ Spring Vegetables and Ricotta. We will make our own flatbreads with ricotta and assorted toppings. Dessert will be Cannoli dip with waffle cones. Each person will get to make their own flatbread if they would like or one will be made for them with desired toppings. Cost \$10. **You must RSVP by May 12.**

Author Talk: "Why Go On: Connecticut Residents Bring Dark Days to Light" - May 19 at 12:00. Woodbury Author Lisa Wright will be giving a presentation about her new book, which profiles twenty inspiring Connecticut people who have overcome adversity to institute positive change. Topics tackled in the book include: losing a loved one, healing from childhood abuse, living with a chronic disease, escaping domestic violence, battling addiction, and more.

Negotiation/Mediation Workshop - May 20, 10:00 - 12:00. Daniel Joynt, PhD, NCC, LPC will be offering a free workshop titled "Negotiation and Mediation in counseling" and "Do you have difficult conversations — touchy Subjects". This workshop will give older adults skills to help with communication, and conflict management. The COA will be providing refreshments.















White Silo Farm - May 20, 1:00. Cost \$10. Program includes wine tasting and cheese platter.

Gypsy - June 23, 2:00 at the Sharon Tri-Arts Playhouse. Ticket cost \$25 for standard seating. Payment required when you RSVP. Limited tickets and transportation are available.


Dr. Verano: - June 27 at 11:00. *"Has your get-up-and-go already gone?"* Dr. Susan Varano, a highly regarded Dual Board Certified Physician in Geriatrics and Internal Medicine at Yale.



May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	9:00 Walking Trip Painted Pony  12:00 Pinochle	10:00 Exercise Club Shopping Trip  11:00 Talk: Motivation and Inspiration 1:00 Bridge	9:00 Walking Trip: Sherman Library & Town Center 12:00 Pinochle	5 10:30 Senior Dine at American Pie <i>Vegetable Quiche or Chicken cutlet, BLT.</i>	9:00 Walking 11:00 Trip: Great Hollow Turtle Program 	7
8	9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  <i>Pinochle after</i>	10:00 Exercise Club Shopping Trip  11:00 Social Service Update (Tax rebate, Medicare, Social Security ...) 1:00 Bridge	11 9:00 Walking 12:00 Pinochle 5:00 Trip: NMH Plow to Plate; Talk: Nutrition and Cancer Prevention	12 9:30 Trip: Sherman School Art Show 10:30 Senior Dine at American Pie <i>Uncle Sam Grand Slam or Gobbler sandwich.</i> 11:45 Discussion Club: Documentary NYC, Part 2	9:00 Walking 12:00-2:00 Housatonic Probate Judge <i>Private Appointments</i>	14
15	9:00 Walking 10:00 Cooking with Lori  <i>Pinochle after</i>	10:00 Exercise Club Shopping Trip  11:00 Talk: Motivation and Inspiration 1:00 Bridge	18 9:00 Walking 12:00 Pinochle 1:00-3:00 Sherman Garden Club (neo-nics) program at Sherman Library	19 10:30 Senior Dine at American Pie <i>Roasted Veggie Fajita, or Cheeseburger deluxe.</i> 12:00 Talk: Author Lisa Wright "Why Go On: CCT Residents Bring Dark Days to Light"	9:00 Walking 10:00-12:00 Negotiation/Mediation Workshop 1:00 White Silo wine tasting	21
22	9:00 Walking 12:00 Pinochle	10:00 Exercise Club Shopping Trip  1:00 Bridge	25 9:00 Walking 12:00 Pinochle	26 10:30 Senior Dine at American Pie <i>French toast-topped w. strawberries, or Chicken parmesan sandwich.</i>  11:45 Movie and Popcorn:	9:00 Walking 27	28
29	9:00 Walking  Office Closed	10:00 Exercise Club Shopping Trip  1:00 Bridge	Happy Birthday!  Dorothy Clark Carol Mehne Anne Torok Carol Voorhees			 

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Birthday!</p> <p>Leslie Auer Paul Dorn Janet Weg Willy Knaak</p> <p>Betty Biro Al Burkhardt Werner Pfaff</p>	<p>1 9:00 Walking</p> <p>11:00 Trip: Sherman Library and town center</p> <p>12:00 Pinochle</p>	 <p>2 10:30 Senior Dine at American Pie <i>German Potato Pancakes or Meatloaf with gravy, mashed potatoes and apples.</i></p> <p>2:00 - 3:00 Volunteer Tea</p>	<p>3 9:00 Walking</p>	<p>4</p>	<p>5 9:00 Walking</p> <p>10:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>Pinochle after</p>	<p>6 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>Pinochle after</p>
<p>7 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>1:00 Bridge</p>	<p>8 9:00 Walking</p> <p>12:00 Pinochle</p> <p>5:00 Trip: NMH Plow to Plate</p> <p>6:00 Talk: CT Author of Hidden History of Litchfield County</p>	<p>9 10:30 Senior Dine at American Pie <i>Florentine Omelet or Soup of the day with 1/2 Chicken Caesar Salad.</i></p> <p>11:45 Discussion Club & Ice Cream Social</p>	<p>10 9:00 Walking</p> <p>11:00 - 3:00 Memory Screenings 15 min. appointments</p>	<p>11</p>	<p>12 9:00 Walking</p> <p>11:00 - 3:00 Memory Screenings 15 min. appointments</p>	<p>13 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>Pinochle after</p>
<p>14 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>11:00 "Hips, Shoulders, Knees and Toes"</p> <p>1:00 Bridge</p>	<p>15 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>16 10:30 Senior Dine at American Pie <i>Banana Foster French Toast, or 1/2 Corned Beef Reuben on rye.</i></p> <p>11:45 Bingo Fun</p>	<p>22 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>17 9:00 Walking</p> <p>11:00 - 3:00 Memory Screenings 15 min. appointments</p>	<p>18</p>	<p>19 9:00 Walking</p> <p>10:30 Book Club: <i>Fried Green Tomatoes at the Whistle Stop Café</i> by Fanny Flagg</p> <p>12:00 Pinochle</p>
<p>21 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>1:00 Bridge</p>	<p>22 9:00 Walking</p> <p>12:00 Pinochle</p>	<p>23 10:30 Senior Dine at American Pie <i>Vegetable Quiche, or soup of the day w. 1/2 turkey, Swiss, lettuce on club roll.</i></p> <p>Sharon Playhouse "Gypsy" (\$25)</p> 	<p>29 9:00 Walking</p> <p>10:30 Craft: Pin cushion dolls</p> <p>12:00 Pinochle</p>	<p>24 9:00 Walking</p> <p>10:00 Garden Tour: Seiber Family</p>	<p>25</p>	<p>26 9:00 Walking</p> <p>11:00 "Has your get up and go already gone?" Dr. Verano</p> <p>12:00 Pinochle</p>
<p>28 10:00 Exercise Club</p> <p>Shopping Trip</p> <p>1:00 Bridge</p>	<p>29 9:00 Walking</p> <p>10:30 Craft: Pin cushion dolls</p> <p>12:00 Pinochle</p>	<p>30 10:30 Senior Dine at American Pie <i>Uncle Sam Grand Slam or Chef salad, with ham, turkey & cheese.</i></p>		<p>3</p>	<p>4</p>	

