

# Sherman Senior Center Newsletter

Volume 18, Number 2

March-April 2017



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• Arthur Jellen • Sheila McMahon

• Jean McRoberts • Janet Wey

• Rick Hudson

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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.



## Events & Programs

**Technology Program:** March 2, 9, 16 at 3:30. Do you have questions about using your Ipad, laptop, or smartphone? Would you like to learn how to skype or set up a facebook profile safely?

**Shepaug Eagles:** March 8. Shepaug Eagle viewing and lunch at Outback Steakhouse.

**Matthew's Hearts of Hope:** March 9, 11:45. Come view the movie The Art of the Heart. If you are able, stay and help sew pillows for the brave children going through heart surgeries.

**St. Patty's Party at The Hearth:** March 15, 12:00. Join us for a St. Patty's Day celebration and a bit of singing! Entrée choice: corned beef & cabbage, sliced steak, stuffed chicken, 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 8. Cost \$20.

**Cooking with Lori:** March 20 at 10:00. Cedar planked salmon w/blackberry hoisin glaze; lemon grass noodle bowl w/spring veg's, Macha, tea, cakes. Cost \$10.

**Aromatherapy: Mythical, Magical, or Medicinal?** March 23 at 11:45. Join Catherine Vlasto, LCSW, in an exploration of aromas and essential oils.

**White Memorial Conservation Center's Nature Museum:** April 3. Get a glimpse into the natural diversity found throughout White Memorial Foundation's 4,000-acre wildlife sanctuary. Cost \$6. We will stop for lunch at Nick's Country Kitchen ("New Opportunities" senior dine card).

**New Music Program:** April 6, 11:45. Music for fun with Al Burgasser. We will have the instruments, come and learn to play some different rhythms. RSVP.


**Computer and Smart Phone Apps for Seniors:** April 11, 1:00. WCSU Intern Meredith Jones will present some handy new programs of interest. Refreshments served.

**Gadgets & Gizmos to make your life easier:** April 20 at 11:30. The WCAAA Tech. Center provides demonstrations of assistive devices such as magnifiers, phone amplifiers, Ipads, vibrating alarm clocks, smart pens, and talking watches just to name a few.



**AARP Safe Driving Class:** April 21, 9:00 to 1:00. 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 Class:** April 24: Rotisserie Chicken Reinvented - This class will offer 3 recipes and lots of tips on utilizing rotisserie chicken. Mexican chicken with rice, chicken salad, stir fry. (Bonus: stock recipe.) Guest Chef Anne McClelland, owner, First Bite Catering.

# March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday!</b></p>  <p>Elisabeth Pfaff Nelda Scheremeta Maureen Winkler Rick Hudson</p>	<p><b>1</b> 9:00 Walking</p> <p>12:00 <i>Pinochle</i></p> <p><b>Trip:</b> McCarthy Observatory (Dinner out)</p>	 <p><b>7</b> 10:00 Exercise Club</p> <p> Shopping Trip</p> <p>11:00 Adult Coloring &amp; Coffee</p>	<p><b>1</b> 9:00 Walking</p> <p>11:00 Trip: Sherman Library and Town Center</p> <p>12:00 <i>Pinochle</i></p>	<p><b>2</b> 10:30 Senior Dine at American Pie</p> <p>3:30 Technology Program</p>	<p><b>3</b> 9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p> <p>10-12 Valerie's Mobile Hair</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> 9:00 Walking</p> <p>12:00 <i>Pinochle</i></p> <p><b>Trip:</b> McCarthy Observatory (Dinner out)</p>	<p><b>7</b> 10:00 Exercise Club</p> <p> Shopping Trip</p> <p>11:00 Adult Coloring &amp; Coffee</p>	<p><b>8</b> 9:00 Walking</p> <p>Trip: Shepaug Eagles Lunch at Outback</p> <p>12:00 <i>Pinochle</i></p>	<p><b>9</b> 10:30 Senior Dine at American Pie</p> <p>11:45 Movie: The Art of the Heart</p> <p>12:15 Sewing Heart Pillows</p> <p>3:30 Technology Program</p>	<p><b>10</b> 9:00 Walking</p> <p>12:00-2:00 Housatonic Probate Judge Martin Landgrebe <i>Call for appointment drop-ins welcome!</i></p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b> 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p>	<p><b>14</b> 10:00 Exercise Club</p> <p> Shopping Trip</p>	<p><b>15</b> 9:00 Walking</p> <p>12:00 St. Patty's Day Party at The Hearth</p> 	<p><b>16</b> 10:30 Senior Dine at American Pie</p> <p>11:45 Discussion Club Topic: Ben Franklin</p> <p>3:30 Technology Program</p>	<p><b>17</b> 9:00 Walking</p> <p>10-12 Valerie's Mobile Hair</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b> 9:00 Walking</p> <p>10:00 Class: Cooking with Lori</p> <p>12:00 <i>Pinochle</i></p>	<p><b>21</b> 10:00: Exercise Club</p> <p> Shopping Trip</p> <p>1:00 <i>Wii Fun</i></p>	<p><b>22</b> 9:00 Walking</p> <p>11:00 Trip: Sherman Library and Town Center</p> <p>12:00 <i>Pinochle</i></p> <p>5-6: NM Hospital Senior Suppers</p>	<p><b>23</b> 10:30 Senior Dine at American Pie</p> <p>11:45 Aromatherapy</p>	<p><b>24</b> 9:00 Walking</p> <p>11:00 Senior Fitness Class - \$5</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b> 9:00 Walking</p> <p>10:30 Craft with Jodi</p> <p>12:00 <i>Pinochle</i></p>	<p><b>28</b> 10:00 Exercise Club</p> <p> Shopping Trip</p>	<p><b>29</b> 9:00 Walking</p> <p>Trip: Movie &amp; Applebees</p> <p>12:00 <i>Pinochle</i></p>	<p><b>30</b> 10:30 Senior Dine at American Pie</p> <p>11:45 BINGO</p> <p>1:30 Music with Lumos: "Susie and Al"</p>	<p><b>31</b> 9:00 Walking</p> <p>10:30 Craft: Painting Wood Flowers</p>	<p></p>

# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9:00 Walking Trip: White Memorial Conservation Center's Nature Museum and Nick's Country Kitchen 12:00 Pinochle	4 10:00 Exercise Club Shopping Trip 11:00 Adult Coloring, with Coffee 12:00 Pinochle	5 9:00 Walking Trip: Sherman Library and town center 12:00 Pinochle	6 10:30 Senior Dine at American Pie 11:45 [NEW PROGRAM] Make some Music with AI	7 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10-12 Valerie's Mobile Hair	8
9	10 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party 12:00 Pinochle	11 10:00 Exercise Club Shopping Trip 1:00 Class: Computer and Smart Phone Apps for Seniors	12 9:00 Walking 11:00 Egg Coloring 12:00 Pinochle	13 10:30 Senior Dine at American Pie 11:45 Documentary and Discussion Topic: <i>Legendary White Stallions</i>	14  Office closed	15
16 	17  Office closed	18 10:00 Exercise Club Shopping Trip 1:00 Wii Fun	19 9:00 Walking Trip: Sherman Library and town center 12:00 Pinochle	20 10:30 Senior Dine at American Pie 11:30 Program: Assistive Gadgets	21 9:00 Walking Class: AARP Safe Driving	22
23	24 9:00 Walking 10:00 Healthy Cooking for One - Rotisserie Chicken Reinvented 12:00 Pinochle	25 10:00 Exercise Club Shopping Trip 11:00 Book Club: <i>Shanghai Girls</i> by Lisa Lee	26 9:00 Walking 12:00 Pinochle	27 10:30 Senior Dine at American Pie 11:45 BINGO 1:30 Music with Lumos: "Susie and AI"	28 9:00 Walking Senior Fitness Cost: \$5.00 2-3 Volunteer Appreciation Tea	29
30	<b>Happy Birthday!</b>  Monty Clark Kit Lee Loes Osterreich					

# VOLUNTEER MAKE A DIFFERENCE

