

Sherman Senior Center Newsletter

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May-June 2017



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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.

When Seconds Matter...



Knox HomeBox grants the SVFD EMS and Fire responders access to your home and your loved ones

in an emergency without property damage. For additional information see <http://shermanvfd.org>.

Sherman Social Services works with the SVFD EMS and Fire Department in emergencies. If you aren't listed with the Sherman Emergency Support System, call Sherman Social Services at (860) 354-2414 ext 2.



Events & Programs

Medicare Presentation: May 18 at 11:30. Sherman insurance advisor, Ed Crowe, will explain why Medicare high deductible F plan may be a better choice for seniors. With its low cost and lower rate increases, it can be a good coverage option for many Medicare-eligible seniors. As an insurance man with 19 years of experience, Ed Crowe works with all types of insurance offered from numerous insurance companies with a primary focus on everything Medicare.

Naromi Bird Talk: May 19 at 12:00. What birds are native to different Sherman habitats? Join us for a nature program at NLT Wimisink Boardwalk.

Happy Acres Farm Tour: Wednesday, May 24 from 10-11:00. Farmer John Motsinger and his wife Katherine will give us a tour of the property, including the garden and main barns, and describe the sustainable farming practices they've implemented since taking over the farm in January 2015. You'll get to meet the dairy goats and free-range chickens, and observe the herd of grass-fed Angus beef cattle. There will be an opportunity to peruse the on-site farm stand as well.

Pain & Symptom Management: May 26, 11:30. Dr. Susan Varano, a highly regarded Dual Board Certified Physician in Geriatrics and Internal Medicine at Yale will discuss accurately diagnosing the origin of the pain and properly treating it.










Healthy Cooking for One, Eating to the Season: June 5 at 10:00. Summer is almost here and the best veggies of the year are coming. They can be found at your local farmers markets and stores! Anne McClelland, owner of The First Bite, will be preparing Chick pea Edamame salad with honey lime dressing, Spinach salad with a homemade dressing, spring asparagus recipes.

Hearing Screenings: June 16. Call for your private appointment between 9:30-11:00. Veralyn Davee, M.A., CCC-A, is a certified and licensed Audiologist and CT licensed Hearing Instrument Specialist with over 30 years of clinical experience.











Qigong: June 19 at 10:20. Ralph Gorman will instruct a beginner class in this ancient Chinese exercise that integrates physical postures, breathing techniques and focused intention.

Senior Fitness Class: Join us the last Friday of every month at 10:00. Jocelyn Leigh has been working in the fitness industry for the past 26 years and a yoga instructor for the past 5 years. Her professional focus includes post-rehabilitative recovery through fitness and exercise. The strength and conditioning class features a total body stretch. Cost \$5.

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Walking 11:00 Healthy Chats with NVMA - Sun Safety 12:00 Pinochle	2 10:00 Exercise Club  Shopping Trip	3 9:00 Walking Trip: Sherman Library and Town Center 12:00 Pinochle	4 10:30 Senior Dine at American Pie 11:45 Make some music with AI	5 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10-12 Valerie's Mobile Hair	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	10 9:00 Walking 12:00 Pinochle	11 No Senior Dine Trip: Movie at Applebee's	12 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe <i>Call for appointment drop-ins welcome!</i>	13
14	15 9:00 Walking 12:00 Pinochle	16 10:00 Exercise Club  Shopping Trip 11:00 Nutrition Program	17 9:00 Walking Trip: Sherman Library and Town Center 12:00 Pinochle 5:00: NM Hospital Senior Suppers	18 10:30 Senior Dine at American Pie 11:30 Ed Crowe Medicare Presentation	19 9:00 Walking 10:00 Bird Talk at the Wimisink Boardwalk led by Angela Dimmitt - and lunch out	20
21	22 9:00 Walking 10:30 Craft Group 12:00 Pinochle	23 10:00: Exercise Club  Shopping Trip	24 9:00 Walking 10:00 Trip to Happy Acres 12:00 Pinochle	25 No Senior Dine 12:00 Pizza & Bingo 1:30 Music with Lumos: "Susie and AI"	26 10:00 Senior Fitness Class Cost \$5 11:30 Dr. Verrano Topic: Pain & Symptom Management	27
28	29  Memorial Day Office Closed	30  Shopping Trip 10:00 Exercise Club at Great Hollow with picnic after (at Senior Center, in case of rain)	31 9:00 Walking Trip: Thrift Store Treasure Hunt and Lunch out 12:00 Pinochle	 Betty Beatty Dorothy Clark Trish Constant Carol Melhne Ann Torok Happy Birthday!		

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy Birthday! Leslie Auer Betty Biro Al Burkhardt Christine Engel Willie Knaak Barbara Lynch Carolyn McNiff Ann Newbury Wally Pfaff Janet Wey	5 9:00 Walking 10:00 Healthy Cooking for one - Class 12:00 Pinochle	 10:00 Exercise Club Shopping Trip 	 7 9:00 Walking Trip: Sherman Library and town center 12:00 Pinochle	1 10:30 Senior Dine at American Pie 11:45 Make some Music with AI	2  9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10-12 Valerie's Mobile Hair	3
11 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party Pinochle after	13 10:00 Exercise Club Shopping Trip 	14 9:00 Walking Trip: Sherman Library and town center 12:00 Pinochle	8 10:30 Senior Dine at American Pie	15 No Senior Dine Trip: New Milford River Walk & Royal Buffet	16 9:00 Walking 9:30-11:00 Hearings Screenings (private 15 min. appointments)	17
18 9:00 Walking 10:00 Qigong Class with Ralph Gorman  12:00 Pinochle	20 10:00 Exercise Club Shopping Trip 	21 9:00 Walking Trip: Sherman Library and town center 12:00 Pinochle 5:00 Trip: NM Hospital Senior Suppers	22 10:30 Senior Dine at American Pie 11:45 Discussion Club Topic: Ben Franklin	23 Trip: Great Hollow hike and picnic	9:00 Walking	24
25 9:00 Walking 10:30 Craft Group 12:00 Pinochle	27 10:00 Exercise Club Shopping Trip  11:00 Book Discussion Hannah McKinnon's Lake Season	28 9:00 Walking Shopping Trip  12:00 Pinochle	29 10:30 Senior Dine at American Pie 11:45 Bingo 1:30 Lumos & Lemonade	30 9:00 Walking 10:00 Senior Fitness Class Cost \$5	9:00 Walking	

Senior Art Show

**Share your talents!
August 19 thru October 13**

**Painting, photography, woodworking,
pottery, or sculpture welcome.**



**For more information, please contact:
Sherman Senior Center at (860) 354-2414 ext 1
or email COAshermanct@gmail.com**

*Sponsored by the Commission on Aging in
cooperation with the Sherman Library*