

Sherman Senior Center Newsletter

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July-August 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.



Dorothy Clark celebrated her 106th birthday with friends at the Sherman Senior Center.

Events & Programs

Classes

Chair Yoga (NEW): July 17 and August 21 at 11:00. Join Elaine Donahue, Certified Yoga Instructor, for an enriching gentle yoga class. Improve balance, strength and flexibility by practicing classic yogic poses while supported by your chair.

Senior Fitness: Last Friday 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. This strength and conditioning class features a total body stretch. Bring a yoga mat if you have one. Cost \$ 5.

Boomwackers: August 1 at 11:45. Join Al in a fun way to learn about making music and rhythms. We promise lots of laughing! FREE and FUN!

First Aid Class: August 15, 12:00-2:00.

CPR Class: August 17, 12:00-2:00 at SVFD sponsored by Sherman EMS. Class size is limited, must RSVP!

Events

Lyme Disease: July 3 at 11:00. Join our monthly NMVNA Healthy Chats with Heidi to hear about the latest information and advice.

Name that Tune: July 13 at 11:00. Cool down and have some fun!

Walking On Eggshells, The Journey of a Caregiver: July 18 at 11:30. Please join us for a heart to heart interactive discussion that will include practical, real-life directions on what to do and what to say when faced with caring for a loved one. Ice cream social to follow talk.

Picnic at Holiday Point Beach: Thursday, July 20 at 11:00. Senior Center will provide iced tea and lemonade, plates and cups. In case of rain picnic will be moved to the Sherman Senior Center. RSVP if you are coming.

Spirituality: August 24 at 11:00. Join Daniel Joynt, PhD, NCC, LPC on a discussion and exploration of spirituality.

Summer Music: Join us for some great music with Lumos on July 25 & August 29 at 1:30, and Don Lowe on August 8 at 12:00.

Local Artist Sylvia Hierro: August 31 at 11:00. Sylvia will help us appreciate contemporary art by describing the principals and elements of design showing how they have been employed by famous artists to create many well-known paintings.

Senior Art Show: August 19-October 13 at Sherman Library.

Trips

Goodspeed Musical: Rodgers & Hammerstein's *Oklahoma!* July 26. Price includes lunch at Gelston House. Cost \$80.

Sharon TriArts Playhouse: *Music Man*, August 10 at 2:00. Cost \$25.

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9:00 Walking 11:00 NMVNA Health Chats with Heidi - Lyme Disease 12:00 Pinochle	4  Independence Day Office Closed	5 9:00 Walking  Shopping New Milford 12:00 Pinochle	6 10:00 Exercise Club  Shopping Trip: Aldi's & Big Y 11:00 Adult Coloring & Coffee	7 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10:00 - Valerie's 12:00 Mobile Hair	8 9:00 Walking 10:00 - Valerie's 12:00 Mobile Hair
9	10 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party Pinochle after	11 10:30 Senior Dine at American Pie 11:45 Movie and Discussion Trip: Sherman Library and IGA	12 9:00 Walking  Shopping New Milford 10:00 Trip: Sieber's Garden 12:00 Pinochle	13 10:00 Exercise Club 11:00 <i>Name that Tune</i> Game show fun	14 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i>	15 9:00 Walking
16	17 9:00 Walking 11:00 Chair Yoga 12:00 Pinochle	18 10:30 Senior Dine at American Pie 11:30 The Journey of a Caregiver & Icecream Social	19 9:00 Walking  Shopping New Milford 12:00 Pinochle	20 10:00 Exercise Club 11:00 <i>Senior Picnic at Holiday Point Beach</i> 	21 9:00 Walking Office Closed 12:30	22 9:00 Walking
23	24 9:00 Walking 12:00 Pinochle	25 10:30 Senior Dine at American Pie 11:45 BINGO 1:30 Lumos and Lemonade 	26 9:00 Walking 12:00 Pinochle No Shopping Trip: Goodspeed Oklahoma & Gelston 	27 10:00 Exercise Club 11:00 Shopping Trip: Aldi's & Big Y	28 9:00 Walking 10:00 Senior Fitness Class. Cost \$5	29 9:00 Walking
30	31 9:00 Walking 10:30 Craft Group 12:00 Pinochle	Happy Birthday!  Barbara Hollander Edward Hayes Richard Engel Arthur Jellen Jean Sheldon Alice Schneckenburger	 Cooking with Lori	 Volunteer Appreciation	 St. Patie's at the Hearth	

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Pat Bailey Doreen Branch Sheila McMahon Doris Ryan Clay Winters	10:30 Senior Dine at American Pie 11:45 Make some Music with AI 	9:00 Walking Shopping New Milford  12:00 Pinochle	9:00 Walking Shopping New Milford  12:00 Pinochle	10:00 Exercise Club Shopping Trip: Aldi's & Big Y  11:00 Adult Coloring & Coffee	9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's  10:00 - Valerie's 12:00 Mobile Hair	5
7 9:00 Walking 11:00 Healthy Chats with Heidi - Immunizations 12:00 Pinochle	10:30 Senior Dine at American Pie Trip: Sherman Library and IGA 12:00 Music with Don Lowe 	9:00 Walking Shopping New Milford  12:00 Pinochle	10:00 Exercise Club Shopping Trip: Aldi's & Big Y  Sharon Playhouse Music Man 	9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe Call for appointment; drop-ins welcome!	9:00 Walking Office Closed 12:30	12
13 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party Pinochle after	10:30 Senior Dine at American Pie 12:00 - First Aid Class at Firehouse 	9:00 Walking Shopping New Milford  12:00 Pinochle	10:00 Exercise Club Shopping Trip: Aldi's & Big Y  12:00-2:00 CPR Class at Firehouse 	9:00 Walking	9:00 Walking	19
20 9:00 Walking Chair Yoga 12:00 Pinochle	10:30 Senior Dine at American Pie Trip: Sherman Library Senior Art Show 	9:00 Walking Shopping New Milford  12:00 Pinochle	10:00 Exercise Club Shopping Trip: Aldi's & Big Y  11:00 Discussion Club Spirituality - Dr. Joynt	9:00 Walking Senior Fitness Class Cost \$5	9:00 Walking	26
27 9:00 Walking Book Club Plainsong by Kent Haruf 12:00 Pinochle	10:30 Senior Dine at American Pie 11:45 Bingo 1:30 Lumos & Lemonade 	9:00 Walking Shopping New Milford  12:00 Pinochle	10:00 Exercise Club Shopping Trip: Aldi's & Big Y  11:00 Sylvia Hierro Art Enrichment Program 	10:00 Senior Fitness Class Cost \$5	 Rick Hudson on Computer Security	28
29 9:00 Walking 11:00 Book Club Plainsong by Kent Haruf 12:00 Pinochle	10:30 Senior Dine at American Pie 11:45 Bingo 1:30 Lumos & Lemonade 	9:00 Walking Shopping New Milford  12:00 Pinochle	10:00 Exercise Club Shopping Trip: Aldi's & Big Y  11:00 Discussion Club Spirituality - Dr. Joynt	10:00 Senior Fitness Class Cost \$5	10:00 Senior Fitness Class Cost \$5	29



Thank You!
As volunteers, we can work together to improve the lives of a lot of people. Please join us and encourage others to give their time and talent to the Senior Center. Our phone is 860-354-2414.

