

Sherman Senior Center Newsletter

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Jan-Feb 2018



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Commission on Aging

- Dr. Juan Garcia, MD • Ed Hayes
- 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.

Wednesday Lunches

12:00



Last Wednesday is a
"Carving Meal."

Required RSVP 2 days prior
\$3 suggested donation

Upcoming Events

(Please RSVP 860-354-2414, ext 1)

Exercise Club: Every Thursday at 10:00. Our exercise plan was designed by NMVNA physical therapist to gain strength, improve flexibility and balance. On January 4 a physical therapist will join us for any questions you may have. Free

Backyard Birding: Thursday, January 4, 11:00. Join us for a presentation by the CT Audubon Society.

Singing Bowls on January 9 at 11:30. Please join Barrie Sachs for a beautiful experience with sound and meditations, which can invoke a deep state of relaxation.

French Lessons. Join us for beginner level classes. We will learn simple phrases and songs. Classes every other week in January and February, starting January 11 at 11:00.

Meditation with Mandala with Helen Brazil: Thursday, January 18 at 11:00. Mandala is an excellent way to relax, reduce stress, and exercise your creativity. "Mandala" means sacred circle, and have been long used to facilitate mediation in many spiritual traditions. It's a simple tool that doesn't require any expertise but it can be very soothing and nourishing. Helen will lead you through this workshop as you choose your mandala to color and then share in a discussion of the experience. RSVP.

Gary's New Chapter: January 23 and February 20 at 11:30. Local author and photographer, Gary Albert will share some short stories and *walks down memory lane*. Pick up your copies of the stories to read before the discussion each month.

Winter Price is Right: Join us for a fun game show on January 26 at 11:00. Prizes and refreshments will be provided.

International Potluck: January 29 at 12:00. Bring a favorite dish from your family recipes or from your travels. Last year we had over 20 countries represented. If you aren't interested in cooking, you can donate \$5 toward beverages and supplies.

How's Your Health? Do you want to know what your risk is for diabetes and/or cardiovascular disease? Come on February 5 for a 15 minute appointment with a trusted nurse from New Milford VNA and Hospice. They will check your weight, waist measurements, BMI, cholesterol and blood sugar and provide good advice.



















TAT Therapy Workshop with Helen Brazil: February 13 at 11:30. TAT is a gentle yet powerful way to reduce stress and lead a happy life. Doing TAT is simply focusing your attention on a series of sentences while gently holding a manual pose on certain acupuncture points located on the face and behind the head. TAT can help to dissolve stress, improve self-esteem and start looking at life in a positive way.

Hearing Checks: February 16, 10-12. Call for your free hearing check.


CT Flower and Garden Show: February 23. Cost \$16. (cash at door). The Convention Center will be transformed into a breathtaking event for floral and garden enthusiasts. The colorful, fragrant show covers almost three acres with the 2018 theme, "Breath of Spring", with sunning design arrangements in unique themed settings.

Music of Lumos: Last Tuesday of the month at 1:30. "Susie and Al" will entertain us with their unique and sweet music. Join us for some new songs as well as the old favorites. It's wonderful break from the cold.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Office Closed	2 10:30 Senior Dine at American Pie 11:30 New Year's Eve in Vienna Concert Video	3 9:00 Walking  Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	4 10:00 Exercise Club with physical therapist  Shopping New Milford Trip: Sherman Library and Town Center 11:00 Backyard Birding (CT Audubon Society)	5 9:00 Walking  Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10:00 - Valerie's 12:00 Mobile Hair	6
7	8 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party <i>Pinochle after</i>	9 10:30 Senior Dine at American Pie 11:30  Barrie's Singing Bowls - wear rainbow colors	10 9:00 Walking  Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	11 10:00 Exercise Club  Shopping New Milford 11:00  Beginner French Class	12 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i>	13
14	15  Office Closed	16 10:30 Senior Dine at American Pie 11:30 Craft Club	17 9:00 Walking  Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	18 10:00 Exercise Club Sherman library & shops 11:00  Mandala Workshop  Shopping New Milford	19 9:00 Walking Trip: Movie & Applebee's	20
21	22 9:00 Walking 10:00 Chair Yoga 12:00 <i>Pinochle</i>	23 10:30 Senior Dine at American Pie 11:30 Gary's New Chapter - Short Stories and Discussion	24 9:00 Walking  Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	25 10:00 Exercise Club 11:00  Beginner French Class  Shopping New Milford	26 9:00 Walking 11:00 Game Show Winter Price is Right to Warm Your Heart	27
28	29 9:00 Walking 12:00 International Potluck Luncheon <i>Pinochle after</i>	30 10:30 Senior Dine at American Pie 11:45 Bingo 1:30 Lumos 	31 9:00 Walking  Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	 Happy Birthday! Gertrud Berger Doreen Branch Janet Campbell Doris Clark Grace Hotchkiss Tilly Jellen Edgar Koester Eifhne Lyons Wayne Morrison Evelyn O'Brien		

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday!</p>  <p>Gary Albert Mike Crawford Nancy Giddings Craig Newkirk Rosemary O'Connell</p>				<p>1 Trip: Sherman Library and Town Center</p>  <p>10:00 Exercise Club</p> <p>Shopping New Milford</p>  <p>11:00 Adult Coloring & Coffee</p>	<p>2 Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's</p>  <p>9:00 Walking</p> <p>10:00 - Valerie's Mobile Hair</p> <p>12:00</p>	<p>3</p>
<p>4</p> <p>9:00 Walking</p> <p>11:30 NMVNA Cholesterol Checks 15 minute appointments</p> <p>12:00 Pinochle</p>	<p>6</p> <p>10:30 Senior Dine at American Pie</p> <p>11:45 Boomwhackers</p> 	<p>7</p> <p>9:00 Walking</p> <p>Shopping New Milford</p>  <p>12:00 Lunch</p> <p>Pinochle after</p>	<p>8</p> <p>10:00 Exercise Club</p> <p>Shopping New Milford</p>  <p>11:00 Beginner French Class</p> 	<p>9</p> <p>9:00 Walking</p> <p>12:00-2:00 Housatonic Probate Judge Martin Landgrebe</p>  <p>Call for appointment, drop-ins welcome!</p>	<p>10</p>	
<p>11</p> <p>9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>Pinochle after</p>	<p>13</p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 TAT Therapy Workshop Demo</p>	<p>14</p> <p>9:00 Walking</p> <p>Shopping New Milford</p>  <p>12:00 Lunch</p> <p>Pinochle after</p>	<p>15</p> <p>10:00 Exercise Club</p> <p>Trip: Sherman Library and Town Center</p>  <p>11:00 Movie and Popcorn</p> 	<p>16</p> <p>9:00 Walking</p> <p>10-12 Hearing Checks</p> 	<p>17</p>	
<p>18</p> <p>9:00 Walking</p> <p>10:00 Chair Yoga</p> <p>12:00 Pinochle</p>	<p>20</p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 Gary's New Chapter - Short Stories and Discussion</p>	<p>21</p> <p>9:00 Walking</p> <p>Shopping New Milford</p>  <p>12:00 Lunch</p> <p>Pinochle after</p>	<p>22</p> <p>10:00 Exercise Club</p> <p>Shopping New Milford</p>  <p>11:00 Beginner French Class</p> 	<p>23</p> <p>9:00 Walking</p> <p>Trip: Connecticut Flower Show</p> 	<p>24</p>	
<p>25</p>	<p>27</p> <p>10:30 Senior Dine at American Pie</p> <p>11:45 Bingo</p> <p>1:30 Lumos</p> 	<p>28</p> <p>9:00 Walking</p> <p>Shopping New Milford</p>  <p>12:00 Lunch</p> <p>Pinochle after</p> 			<p>29</p>	

**Sherman Senior Center
International Luncheon
Monday, January 29 at 12:00**



**Potluck - bring a dish and a story to
celebrate your heritage or travels.
RSVP 860.354.2414 ext 1**