

Sherman Senior Center Newsletter

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Nov-Dec 2018



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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.



Senior Thanksgiving Luncheon

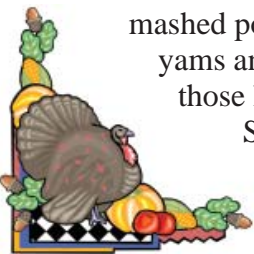
Wednesday, November 15, 1:30

Sherman School Cafeteria

Enjoy this yearly favorite...

Delicious turkey dinner, mashed potatoes, stuffing, yams and more. Plus all those homemade pies!

Sponsored by the Sherman Parent Teacher Organization



Upcoming Events

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

Assistive Technology: November 13 at 11:30. Gadgets and Gizmos demonstration of assistive devices such as magnifiers, phone amplifiers, iPad, vibrating alarm clocks, smart pens and talking watches, just to name a few.

SPTO Thanksgiving Luncheon: November 14 at 1:30. Enjoy this popular town event. Delicious turkey, mashed potatoes, stuffing, yams and don't forget all those homemade pies!

Reflexology/Reiki: November 2 & December 21. Reiki is a Holistic healing therapy originated in Japan. Its intention is to release stress and promote relaxation. Reflexology is a foot, hand, ear or head massage which promotes a healthier and more comfortable life journey.

WWI Presentation and Collection Display: November 20 at 11:30. Historian John Cilio will present a lecture on the contribution of the early American volunteers who flew for the French during WWI. In addition, Jan Desiato will display a portion of his personal collection including original WWI uniforms, equipment, posters and firearms. RSVP by Nov 19 as pizza will be served for lunch. Event will be held at Firehouse (Charter Hall).

McCarthy Observatory: Join us November 28 at 6:00 at the McCarthy Observatory and experience the science of astronomy, view the moon, planets and stars and the growing collection of space-related artifacts.

Author Brien Brown: November 29, 11:00. Brien will discuss why he decided to write a book after he retired and give insights to the writing process. He will also do two readings from his novel "The Fourth Son."

Historical Society Tour: December 6, 11:00. Enjoy a private tour of the Sherman Historical Society's holiday exhibit "The Roaring Twenties."


















Know Your Numbers: December 10 from 10:00-12:00. Do you want to know what your risk for diabetes and/or cardiovascular disease is? Come and make a 15-minute appointment with a trusted nurse. We will check your cholesterol and blood sugar and based on numbers advice will be given. Free.

Gingerbread Houses: December 11 at 11:30. Join us in making gingerbread houses sponsored by Quality Home Care. Please rsvp by December 5.











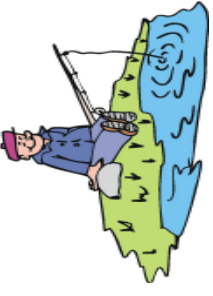




Holiday Party: December 12, 12:00. Join us at Jim Barbarie's for the Sherman Seniors' annual Holiday Party with music and friends including a sing-along. Cost is \$26. RSVP by December 6.

The power of a grateful heart: December 21 at 10:00. Learn why gratefulness is good for your health and wellness. This workshop is presented by Catherine Vlasto LSCW, Hospice Social Worker at New Milford VNA & Hospice.

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4  Melinda Albert Lisa Cirio Barbara Hoag Ernie Winkler Thomas Worden	5 9:00 Walking 10:00 Craft Class: Baskets and Centerpieces 11:00 Haircuts by Denise Cost is \$15 <i>Pinochle 12-4</i>	6 10:30 Senior Dine at American Pie  Election Day Call for a ride to the polls	7 9:00 Walking  Shopping 12:00 Lunch \$3 <i>Pinochle 1-4</i>	8 10:00 Exercise Club  Shopping New Milford 11:00 Craft: paper mache wine bottle with lights  Exercise Club Check-up with Stephanie, PR, MPH Trip: Sherman Library and town center	9 9:00 Walking 10-12 Reflexology/ Reiki with Lisa By appointment	10 9:00 Walking 12:00-2:00 Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i>
11	12  Veterans Day Observance Office Closed	13 10:30 Senior Dine at American Pie 11:30 Gadgets and Gizmos Check out some useful assistive devices	14 9:00 Walking  Shopping 1:30 Thanksgiving Luncheon at Sherman School <i>Pinochle after</i>	15 10:00 Shopping New Milford  Exercise Club Check-up with Stephanie, PR, MPH Trip: Sherman Library and town center	16 9:00 Walking 	17 9:00 Walking
18	19 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party (November/December) <i>Pinochle 12-4</i>	20 No Senior Dine 11:30 World War I Program and Display at Firehouse Pizza for lunch	21 9:00 Walking  Shopping Office Closed at 12:00	22  Thanksgiving Office Closed	23  Office Closed	24
25	26 9:00 Walking 10:00 Chair Yoga Decorate the Senior Center <i>Pinochle 12-4</i>	27 10:30 Senior Dine at American Pie 11:30 Bingo  1:00 	28 9:00 Walking  Shopping 12:00 Lunch <i>Pinochle 1-4</i> 5:00 Meal at NM Hospital 6:00 McCarthy Observatory	29 10:00 Exercise Club  Shopping New Milford 11:00 Author Talk and Reading: Brien Brown <i>The Fourth Son</i>	30 9:00 Walking 	3

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	9:00 Walking Holiday Craft Class with Jodi  10:00 11:00 Haircuts by Denise Cost is \$15 <i>Pinochle 12-4</i>	4 10:30 Senior Dine at American Pie  11:30	5 9:00 Walking Shopping New Milford 12:00 Lunch \$3 <i>Pinochle 1-4</i>	6 10:00 Exercise Club  Shopping New Milford 11:00 Sherman Historical Society Holiday Tour Trip: Sherman Library and Town Center	7 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 	8
9	9:00 Walking 10-12 NVMA "Know your numbers" Free testing by appointment <i>Pinochle 12-4</i>	11 10:30 Senior Dine at American Pie 11:30 Gingerbread houses 	12  12:00 Holiday Party at Jim Barbie's	13 10:00 Exercise Club  Shopping New Milford Snow date for holiday party	14 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe  Call for appointment, drop-ins welcome!	15
16	9:00 Walking 17 10:00 Chair Yoga <i>Pinochle 12-4</i>	18 10:30 Senior Dine at American Pie 11:30 Holiday Bingo 	19 9:00 Walking Shopping New Milford 12:00 Lunch \$3 <i>Pinochle 1-4</i> Dinner at NMH with Holiday Light Tour	20 10:00 Exercise Club  Shopping New Milford 11:15 Holiday Cookie Party Trip: Sherman Library and Town Center	21 9:00 Walking 10:00 Presentation: "Gratitude" by Catherine, NMVNA 11:30-1:30 Reflexology/ Reiki with Lisa By appointment	22
23	9:00 Walking 24 <i>Pinochle 12-4</i>	25  Office Closed 	26 9:00 Walking Shopping New Milford  <i>Pinochle 1-4</i>	27 10:00 Exercise Club  Shopping New Milford	28 9:00 Walking 	29
30	9:00 Walking 31 <i>Pinochle 12-4</i>		  			Happy Birthday! Heidi Schullia Allan Ostrager Jill Finch Maria Stark 



**December 12, 2018
12:00 PM**

Join the holiday fun at Jim Barbarie's

Entrée Choices

Sliced Sirloin Steak (cabernet demi-glaze, sautéed onions),
Chicken Marsala (mushrooms, marsala wine demi-glaze), or
Stuffed Tilapia (crab meat stuffing & champagne beurre blanc sauce)

Cost is \$26 and includes: salad, entrée, dessert,
coffee and tax & tip (other beverages are extra).

Please RSVP with entrée choice by Dec 6 to Senior Center
860.354.2414 ext 1 or email:
shermanseniorcenter@gmail.com