

# Sherman Senior Center Newsletter

Volume 18, Number 6

Nov-Dec 2018



WEB SITE: [www.townofshermanct.org](http://www.townofshermanct.org) • EMAIL: [shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

## Helpful Contacts

### Coordinator

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### Commission on Aging

- Dr. Juan Garcia, MD • Ed Hayes
- Arthur Jellen • Sheila McMahon
- Jean McRoberts • Janet Wey
- Rick Hudson • Pat Werme

**Ex Officio:** Don Lowe

**Editor:** Allan Ostergren

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

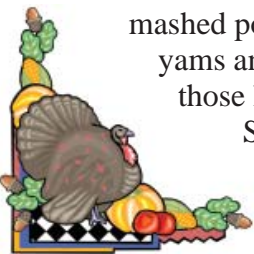
Wednesday, November 15, 1:30

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

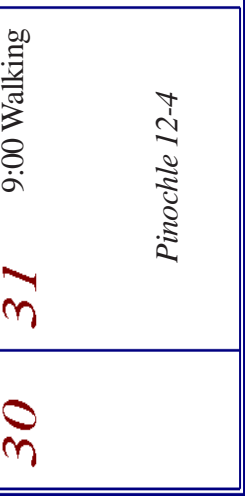


# December 2018

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 Pinochle 12-4	4 10:30 Senior Dine at American Pie 11:30 Boomwhackers	5 9:00 Walking Shopping New Milford 12:00 Lunch \$3 Pinochle 1-4	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	10 9:00 Walking 10-12 NVMA "Know your numbers" Free testing by appointment Pinochle 12-4	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	17 9:00 Walking 10:00 Chair Yoga Pinochle 12-4	18 10:30 Senior Dine at American Pie 11:30 Holiday Bingo	19 9:00 Walking Shopping New Milford 12:00 Lunch \$3 Pinochle 1-4 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	24 9:00 Walking Pinochle 12-4	25 Office Closed	26 9:00 Walking Shopping New Milford Pinochle 1-4	27 10:00 Exercise Club Shopping New Milford	28 9:00 Walking	29
30	31 9:00 Walking Pinochle 12-4					

**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*