

Sherman Senior Center Newsletter

Volume 18, Number 5

Sept-Oct 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.

Wednesday Lunches at the Senior Center



**Starting October 4
11:30-12:30**

Last Wednesday of every month
will be a special "Carving Meal"

RSVP 2 days prior

Cost: \$3 donation

Events & Programs

Fun with Dahlias: September 12 at 1:00. Sponsored by the Sherman Garden Club. Bring your own small vase and optional oasis and greens. RSVP required.

Cooking Demo: Thursday, September 14 at 11:30. Cooking Demo with Chef Jashim of Maplewood Senior Living. Free program, RSVP required.

How to reduce your Taxes: September 19, 11:30. Avoid costly mistakes and devastating financial losses; how to prepare (and possibly avoid) Medicaid Spend Down . . . and more. Presentation by Gary Billingsley.

AARP Driver Safety Class: September 22, 9:00-1:00. The instructor will address issues facing older drivers and will include local driving conditions in the presentation. If you are 62 or older you may qualify for a discount on your insurance. The registration fee is \$15 for members and \$20 for non-members; please have check made out to AARP and members should bring their membership card.

SHERMAN FLU CLINIC: Monday, October 2nd from 10:00-12:00. New Milford VNA and Hospice will once again offer a flu clinic at the Sherman Firehouse. We will be offering quadrivalent seasonal influenza vaccine as well as High Dose influenza vaccine for those aged 65 years and older. Insurance accepted will be Medicare, Connecticutcare, Anthem BCBS, Aetna, and cash price will be \$35.00.

Fall Prevention Program: Tuesday, October 10 at 11:30. Scott Coulter is the community outreach PT for The New Milford VNA and he will review ways to reduce your fall risk and exercises to increase strength and balance.

Fire Prevention with Sherman Fire Marshal: October 12 at 10:45. Presentation with Addison Larson, including a talk and slideshow. We may have a surprise guest speaker and giveaways.

Birds and Flora of Lesbos: October 17, 11:30. Presentation with Angela Dimmit.

Scenic Drive to Kent Falls: October 19. Scenic drive and lunch out.


Westchester Broadway Theatre *Annie Get your Gun*: October 20. Luncheon and Show. Irving Berlin's score, filled with memorable hit songs including *Anything You Can Do, I Can Do Better!*, *They Say It's Wonderful*, and *There's No Business like Show Business*. Limited tickets available. Cost \$65.

"Starting the Conversation" Lunch and Learn: Monday, October 23 at 11:00. Advance Care Planning, presented by Eileen Duggan, MSW and sponsored by Maplewood Senior Living.












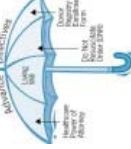








How you should and can protect yourself legally: October 24, at 11:30. Discussion Club guest speaker Tracy Parsons, J.D. will present general information about Medicaid/Medicare and the necessity of having a will/POA/health care directives. How should you protect yourself and your assets as you age.

Update on Medicare: October 26, 11:00. Learn about changes and enrollment.

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3  George Auer Lillian Hart Jeanne McRoberts Lorraine Palmenta Madeline DeMayo	4  Labor Day Office Closed	5 10:30 Senior Dine at American Pie 11:45 Boomwhackers Come and laugh with us! 	6 9:00 Walking  Shopping New Milford 12:00 Pinochle	7  11:00 Adult Coloring & Coffee  Trip: Sherman Library and Town Center	1 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10:00 - Valerie's 12:00 Mobile Hair	2
10 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party Pinochle after	12 10:30 Senior Dine at American Pie 1:00 Sherman Garden Club sponsoring "Fun with Dahlias" 	13 9:00 Walking  Shopping New Milford 12:00 Pinochle	14 10:00 Exercise Club Shopping Trip: 11:30 Cooking Demo with Chef Dave 	15 9:00 Walking Celebrating our volunteers on National Thank You Day 	9 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe Call for appointment, drop-ins welcome! 	16
17 9:00 Walking 12:00 Pinochle	19 10:30 Senior Dine at American Pie 11:30 Talk: How to reduce your taxes (Gary Billingsley) 	20 9:00 Walking  Shopping New Milford 12:00 Pinochle	21 10:00 Exercise Club Shopping Trip: Trip: Sherman Library and Town Center 	22 9:00 Walking 9:00-1:00 AARP Driver Safety Class 	23	23
24 9:00 Walking 10:30 Craft Club 12:00 Pinochle	26 10:30 Senior Dine at American Pie 11:45 Bingo 1:30 Lumos 	27 9:00 Walking  Shopping New Milford 12:00 Pinochle	28 10:00 Exercise Club Shopping Trip: 	29 10:00 Senior Fitness Class Cost \$5	30	30

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 9:00 Walking  10 - 12 Flu Clinic at firehouse 12:00 Pinochle	3 10:30 Senior Dine at American Pie  11:45	4 9:00 Walking  Shopping New Milford Lunch 11:30-12:30 12:00 Pinochle	5 10:00 Exercise Club Shopping Trip: Aldi's & Big Y 11:00 Adult Coloring & Coffee Trip: Sherman Library and Town Center	6 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10:00 - Valerie's 12:00 Mobile Hair	7	
8	9  Columbus Day Office Closed	10 10:30 Senior Dine at American Pie 11:30 Program: Fall Prevention 	11 9:00 Walking Shopping New Milford Lunch 11:30-12:30 12:00 Pinochle	12 10:00 Exercise Club Shopping Trip: Aldi's & Big Y 10:45 Fire Prevention Program 	13 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe  Call for appointment, drop-ins welcome!	14	
15	16 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party Pinochle after	17 10:30 Senior Dine at American Pie 11:30 Program: Birds and Flora of Lesbos 	18 9:00 Walking Shopping New Milford Lunch 11:30-12:30 12:00 Pinochle	19 10:00 Exercise Club Shopping Trip: Trip: Kent Falls and lunch out  	20 9:00 Walking Trip: Westchester Broadway Theatre Annie Get Your Gun 	21	
22	23 9:00 Walking 11:00 Lunch and Learn Starting the Conversation: Advance Care Planning  12:00 Pinochle	24 10:30 Senior Dine at American Pie 11:30 How you should and can protect yourself legally 	25 9:00 Walking Shopping New Milford Lunch (Special Carving) 11:30-12:30 12:30 Pinochle 	26 10:00 Exercise Club Shopping Trip: Update on Medicare  Trip: Sherman Library and Town Center	27 9:00 Walking	28	
29	30 9:00 Walking 11:00 Book Club Rebecca by Daphne Du Maurier 12:00 Pinochle	31 10:30 Senior Dine at American Pie 11:45 Bingo 1:30 Lumos 	Happy Birthday! John Cilio Jackie Crawford Carol Faure Marie Hayes Edith Jordan Brigitte Koester 			 	

Local Help for Sherman Residents



Heating Oil: The Energy Assistance program provides funds directly to your oil company for eligible Sherman households. Don't let winter sneak up on you. Apply today with Sherman Social Services: 860-354-2414, ext. 2.

Winterize your Home: The state provides free weatherization services and assessment. Now is the time to seal up those leaks and get ready for winter. Call Sherman Social Services to find out if you qualify.



Medicare: Open enrollment for Medicare Part D (prescription drug plan) runs Oct. 15 through Dec. 7. This is the time to make any changes to your coverage. It is important to review your current plan annually. Sign up today to discuss with Beth.

Got Drugs? Unused or expired medication can be misused and is dangerous. Get it out of your home. Bring your expired or unused meds to the New Milford Police Station and deposit in The Box. This service is available 24 hours a day, 7 days a week.



Sherman Social Services: 860-354-2414, ext. 2. Located in the Sherman Senior Center, across from the library. Hours: M-F, 9-2 (by appointment, M-F).

Confidentiality, dignity, respect. We can help.