

Sherman Senior Center Newsletter

Volume 20, Number 5

September/October 2019



WEB SITE: www.townofshermanct.org • EMAIL: shermanseniorcenter@gmail.com

Helpful Contacts

Coordinator

Suzette Berger

860-354-2414, ext.1

shermanseniorcenter@gmail.com

Van Drivers

Anna Miskiv • Sue Moore

FISH

860-355-4334

Director of Social Services

Beth Trott, MSW

860-354-2414, ext.2

shermansocserv@gmail.com

Commission on Aging

• Dr. Juan Garcia, MD

• Ed Hayes • Sheila McMahon

• Jean McRoberts • Janet Wey

• Rick Hudson • Lynda Lee Arnold

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.

SHERMAN FLU CLINIC



Tuesday, October 8th from 10-12, New Milford VNA nurses will once again offer a flu clinic at the Sherman Firehouse. We will be offering the standard (*Flucelvax Quadrivalent*) seasonal influenza vaccine, as well as high dose influenza (Fluad) vaccine for those aged 65 years and older. Insurance accepted will be Anthem BC/BS, AETNA/Medicare Advantage, Connecticut, Cigna and Medicare

Trips and Activities

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

Trips

Sherman Center Cemetery History Tour: September 6 at 10:00. Join Gloria Thorne and Sue Moga on a walk thru Sherman history and discussion of our town's founding families. We will be walking on uneven ground

Summer Theater at Sharon Playhouse: September 5, 2:00: *Nonsense*. Cost \$25, due with reservation.

Mystic Seaport: September 10. Climb aboard the last wooden whale ship in the world, and meet blacksmiths, coopers, printers, and shipwrights in the historic village. Ticket cost is \$25 (or free admission for AARP members if you register at aarp.org/ct). *Transportation is limited, so call early.*

COA Senior Art Show: *Opening Reception: September 7, 5:00-7:00* at the Sherman Library. **Trip** to senior art show: September 11 at 1:00.

Scenic Drive to Kent Falls: October 25. Enjoy a trip to the "most visited falls" in Connecticut. Hike to the top or just enjoy the view from the picnic area.

Programs

Hearing Loss: Lunch and Learn: September 12 at 11:30. Hearing care practitioner will talk about hearing loss, its social and emotional effects, and the many solutions available to resolve the problem. A light lunch will be served.

AARP Smart Driver Program: September 13, 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.

Fall Prevention with lunch: September 17 at 11:30. Dr. Jennifer Kolwicz will discuss components of balance, risk factors for falls, and how therapy services can help you with assessment of balance and reducing current risk. Learn how to enhance your balance and stay on your feet! Presented by Director of Rehab at Candlewood Valley Health & Rehab Center.

"Is your back out of whack?" September 19 at 11:00. Do you experience pain in the morning or at the end of the day? Numbness in your legs? Weakness with daily activities? Interrupted sleep due to pain? Physical Therapy & Sports Medicine Centers of New Milford will show how you can decrease pain and improve your function.

Sepsis Awareness & Prevention of Cold Weather Related Illnesses: September 23 at 10:30. What is sepsis? Can it be avoided? An NMVNA nurse will lead the discussion about what you need to know about sepsis and preparing for the Fall and Winter seasons.

Posture Presentation: September 26 at 11:00. An NMVNA physical therapist will lead the discussion on proper posture and how it can positively affect the body.





Healthy Cooking for One: September 30 at 10:30. Healthy cooking for one with in-season fresh foods.

Aging and Cancer, How to Face the Journey: October 10 at 11:00. Jacqueline Brady is a licensed professional counselor who works with individuals, couples and families who may be experiencing difficulty in the areas of grief, anxiety, depression, marital discord, and adjustment to transitional life phases.
















Japanese Culture and Beginner Language Lessons with Sakiko and Mimi Hyuga. October 17, 24, 31 at 11:00.

Medicare Open Enrollment: October 22 at 11:30. Information from Western Connecticut Area Agency on Aging. Learn what is new with Medicare!

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Labor Day Office Closed	3 10:30 Senior Dine at American Pie 11:30 Music With Boomwhackers 	4 9:00 Walking Trip: Shopping 12:00 Lunch <i>Pinochle 1-4</i>	5 10:00 Exercise Club 11:00 Adult Coloring & Coffee  Trip: Nunsense Sharon Playhouse 	6 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10:00 Center Cemetery History Tour	7  COA Senior Art Show Opening Reception 5-7
8	9 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  <i>Pinochle after</i>	10  TRIP: Mystic Seaport	11 9:00 Walking Trip: Shopping 12:00 Lunch Trip: Senior Art Show Sherman Library <i>Pinochle 1-4</i>	12 10:00 Exercise Club Shopping New Milford 11:30 Lunch & Learn Hearing information Sponsored by Beltone 	13 9:00 Walking AARP Safe Driving Class 12:00-2:00 Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i> 	14
15	16 9:00 Walking 10:00 Chair Yoga  <i>Pinochle 12-4</i>	17 11:30 Fall Prevention Month Program with light lunch	18 9:00 Walking Trip: Shopping 12:00 Lunch <i>Pinochle 1-4</i>	19 10:00 Exercise Club Shopping New Milford 11:00 NM Physical Therapy: Is Your Back Out of Whack? 	20 9:00 Walking 10:30 Mindfulness with Jackie 11:45 Tai Chi 	21
22	23 9:00 Walking 10:30 Sepsis awareness & prevention of cold weather related illnesses <i>Pinochle 12-4</i>	24 10:30 Senior Dine at American Pie 11:30 Bingo  1:00 	25 9:00 Walking Trip: Shopping 12:00 Lunch <i>Pinochle 1-4</i>	26 10:00 Exercise Club Shopping New Milford 11:00 NMVNA Presentation: Why Posture is Important  	27 9:00 Walking 10-12 Reflexology/ Reiki with Lisa By appointment	28
29	30 9:00 Walking 10:30 Class: Healthy Cooking for One  <i>Pinochle 12-4</i>					Happy Birthday!  September George Auer Madeline DeMago Liliane Hart Lorraine Palmenta

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday! August</p> <p>John Cilio Cicely German Jackie Crawford Marie Hayes Carol Faure Edie Jordan Brigitte Koester</p> 	<p>9:00 Walking</p> <p>10:00 Craft Class with Jodi</p> <p>11:00 Haircuts with Denise</p> <p><i>Pinochle 12-4</i></p>	<p>1 10:30 Senior Dine at American Pie</p> <p>11:30 Music With All Boomwhackers</p> 	<p>2 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>3 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Adult Coloring & Coffee</p> <p>Trip: Sherman Library and town center</p> 	<p>4 9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's</p> 	<p>5</p>
<p>6</p>	<p>7 9:00 Walking</p> <p>10:00 Craft Class with Jodi</p> <p>11:00 Haircuts with Denise</p> <p><i>Pinochle 12-4</i></p>	<p>8 get your flu shot</p> <p>10-12 Flu Clinic - Charter Hall</p> 	<p>9 9:00 Walking</p> <p>No Lunch Today</p> <p>12:00 SVFD Class CPRAED review</p> <p><i>Pinochle 1-4</i></p>	<p>10 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Aging and Cancer: How to face the journey, a discussion</p> 	<p>11 9:00 Walking</p> <p>12:00-2:00 Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i></p> 	<p>12</p>
<p>13</p>	<p>14</p>  <p>Columbus Day Office Closed</p>	<p>15 10:30 Senior Dine at American Pie</p> <p>10:30 Candlewood Crafts</p>	<p>16 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>17 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Japanese Culture/ Language Lessons</p> 	<p>18 9:00 Walking</p> <p>10:30 Mindfulness with Jackie</p> <p>11:45 Tai Chi</p> 	<p>19</p>
<p>20</p>	<p>21 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p> 	<p>22 10:30 Senior Dine at American Pie</p> <p>11:30 What is new with Medicare!</p>	<p>23 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>24 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Japanese Culture/ Language Lessons</p> 	<p>25 9:00 Walking</p> <p>Trip to Kent Falls and Lunch out</p> 	<p>26</p>
<p>27</p>	<p>28 9:00 Walking</p> <p>10:00 Chair Yoga</p> <p>11:15 Book Discussion</p> <p><i>Pinochle 12-4</i></p>	<p>29 10:30 Senior Dine at American Pie</p> <p>11:30 Bingo</p> <p>1:00</p> 	<p>30 9:00 Walking</p> <p>Trip: Shopping</p> <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>31 10:00 Exercise Club</p> <p>Shopping New Milford</p> <p>11:00 Japanese Culture/ Language Lessons</p> 		

You are invited to a presentation by: Western
CT Area Agency on Aging on:

Preparing for Medicare Open Enrollment 2020



Come Learn about Your Medicare Enrollment Options

- ❖ Original Medicare
- ❖ Medicare Advantage Plans
- ❖ Part D – Prescription Drug Plans
- ❖ Medicare Savings Program
- ❖ And more

When

Tuesday, October 22, 2019 11:30 – 12:30

Where

Sherman Senior Center
8 Route 37 in Sherman, CT
860.354.2414



This project was supported in part by grant from the U.S Administration for Community Living, Department of Health and Human Services and administered by the CT State Unit on Aging within DORS.