

Sherman Senior Center Newsletter

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September-October 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 Cafe

12:00 Wednesdays

Cost: \$3 donation



Last Wednesday of every month is a special "Carving Meal."
RSVP by Monday

Classes, Programs and Events

September is National Senior Center Month. Stop in and see what we have to offer...lunches, shopping trips, talks, classes and volunteer opportunities!

Ice Cream Social with Talk: Sept 6, 11:30. "Do you have Medicare and Medicaid?"

Lionfish, Sharks and Morays OH MY!!: Sept 11, 11:30. Come and enjoy a trip under the ocean with John Silliman from Aetna as he shares his SCUBA diving adventures through photos and stories.

AARP Smart Driver Program: Sept 14, 9-1. 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 non-members pay \$20. Please have check made out to AARP and members should bring their membership card so that the number can be entered on the certificate.

Reflexology/Reiki with Lisa: Sept 21, 10:00. To relieve stress and promote relaxation.

Marbleizing a Beautiful Scarf: Sept 27, 11:30. We will explore the ancient history of this exotic art form and then head right to work. Each participant will choose their colors and the proper tools to create their individual patterns in the water solution. Handouts on suggestions for wearing your scarf and a short discussion on what else can be done with the finished product will end the class! Cost \$35 (Cost \$30 if sign up/pay by Sept 20.)

Trip to Beardsley Zoo: Sept 28. AARP members will have free admission to the CT Beardsley Zoo if you register individually prior to trip, or 62+ cost \$11. Limited transportation is available.

SHERMAN FLU CLINIC: Oct 3, 10:00-12:00. New Milford VNA and Hospice will be at the Sherman Firehouse, offering quadrivalent seasonal influenza vaccine as well as high dose influenza vaccine for those aged 65 years and older. Insurance accepted will be Medicare, Connecticut, Anthem BCBS, Aetna, and cash price will be \$35.00.

Wills, Trusts & Probate Lunch & Learn: Oct 10, 11:30. Join Attorney Murphy and Probate Judge Landgrebe as they discuss Wills, Trusts & Probate. Lunch will be provided. Limited transportation available and rsvp by Oct 8. Free! Event will be held at the JCC.

Scenic Drive to Kent Falls and Lunch Out: Oct 19. These are the most visited falls in Connecticut. The trail to the top is about a 1/4 mile and the vertical height of the entire falls is around 150-200 ft.

Why do I go to a specialist?: Oct 23, 11:30. Join the NMVNA for a preventative health talk.





















Arts and Craft Programs:

Oct 1 at 10:00 - Crafts with Jodi
























Oct 9 at 11:30 - Rich Engel is offering a wooden star craft

Oct 29 at 10:00 - Anna will be offering an art program

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday!</p>  <p>George Auer Madeline DeMayo Liliane Hart Lorraine Palmentra</p>	<p>3</p>  <p>Labor Day Office Closed</p>	<p>4 10:30 Senior Dine at American Pie</p> <p>11:45  Boomwhackers</p>	<p>5 9:00 Walking</p>  Shopping <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>6 10:00 Exercise Club</p>  Shopping New Milford <p>11:30 Ice Cream Social with Medicare talk</p> <p>Trip: Sherman Library and town center</p>	<p>7 9:00 Walking</p>  Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's	
<p>9 10 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p>	<p>11 10:30 Senior Dine at American Pie</p> <p>11:30  Enjoy the beauty under the sea</p>	<p>12 9:00 Walking</p>  Shopping <p>12:00 Lunch</p> <p><i>Pinochle 12-4</i></p>	<p>13 10:00 Exercise Club</p>  Shopping New Milford	<p>14 9:00 Walking</p> <p>9-1 AARP Safe Drive Class</p> 	<p>15</p>	<p>16 9:00 Walking</p> <p>10:00 Chair Yoga</p> <p><i>Pinochle 12-4</i></p>
<p>16 17 9:00 Walking</p> <p>10:00 Chair Yoga</p> <p><i>Pinochle 12-4</i></p>	<p>18 10:30 Senior Dine at American Pie</p> <p>11:30 Old Time Comedy Clips</p>	<p>19 9:00 Walking</p>  Shopping <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>20 10:00 Exercise Club</p>  Shopping New Milford <p>11:00 Smart Phone Workshop: "How to connect with those you love"</p>  Trip: Sherman Library and town center	<p>21 9:00 Walking</p> <p>10-12 Reflexology/Reiki with Lisa (By appointment)</p> 	<p>22</p>	<p>23 24 9:00 Walking</p> <p>11:00 Talk: Social Service Update, Changes in Medicaid, MSP, Medicare Part D</p> <p><i>Pinochle 12-4</i></p>
<p>25 24 9:00 Walking</p> <p>11:00 Talk: Social Service Update, Changes in Medicaid, MSP, Medicare Part D</p> <p><i>Pinochle 12-4</i></p>	<p>25 10:30 Senior Dine at American Pie</p> <p>11:30 Bingo</p> <p>1:00 </p>	<p>26 9:00 Walking</p>  Shopping <p>12:00 Lunch</p> <p><i>Pinochle 1-4</i></p>	<p>27 10:00 Exercise Club</p>  Shopping New Milford <p>11:30 Class: marbling silk scarves \$35</p> 	<p>28 9:00 Walking</p> <p>Trip: Beardsley Zoo</p>  (free with AARP rsvp or 62+ Cost \$11)	<p>29</p>	<p>30</p>

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:00 Walking Craft Class with Jodi  <i>Pinochle 12-4</i>	2 10:30 Senior Dine at American Pie  11:45 Boomwhackers	3 9:00 Walking 10-12 Flu Clinic at firehouse No Lunch Shopping after  <i>Pinochle 1-4</i>	4 10:00 Exercise Club Shopping New Milford 11:00 Adult Coloring & Coffee Trip: Sherman Library and Town Center 	5 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 	6	
7	8  Columbus Day Office Closed	9 10:30 Senior Dine at American Pie 11:30 Star Craft with Rich 	10 9:00 Walking 11:30 Lunch and Learn: Wills, Trusts and Probate at the JCC <i>Pinochle 1-4</i>	11 10:00 Exercise Club Shopping New Milford 11:00 Fire Prevention with Addison 	12 9:00 Walking 12:00-2:00 Housatonic Probate Judge Martin Landgrebe Call for appointment, drop-ins welcome! 	13	
14	15 9:00 Walking Blood Pressure 11:30 Birthday Party  <i>Pinochle after</i>	16 10:30 Senior Dine at American Pie 11:30 The Price is Right Game Show--Game fun WITH PRIZES	17 9:00 Walking Shopping New Milford 12:00 Lunch <i>Pinochle 1-4</i>	18 10:00 Exercise Club Shopping New Milford 11:30 Book Club Discussion <i>Ordinary Grace</i> Trip: Sherman Library and Town Center 	19 9:00 Walking Trip to Kent Falls and lunch out 	20	
21	22 9:00 Walking 10:00 Chair Yoga  <i>Pinochle 12-4</i>	23 10:30 Senior Dine at American Pie 11:30 NMVNA Talk Preventive Health: Why go to a specialist?	24 9:00 Walking Shopping New Milford 12:00 Lunch  <i>Pinochle 1-4</i>	25 10:00 Exercise Club Shopping New Milford 	26 9:00 Walking 	27	
28	29 9:00 Walking 10:00 Art Class with Anna  <i>Pinochle 12-4</i>	30 10:30 Senior Dine at American Pie 11:30 Bingo  1:00 	31 9:00 Walking Shopping New Milford 12:00 Lunch  <i>Pinochle 1-4</i>	Happy Birthday! John Cilio Jackie Crawford Carol Faure Marie Hayes Edie Jordan Brigitte Koester 			 

Sherman Social Services



Come to our information session September 24th at 11 AM on Medicare and Medicare Part D and any other new information and come with questions about Medicare, Medicaid, Social Security and any others questions you have about how to tackle medical and financial concerns.

MEDICARE PART D REVIEW AND ENROLLMENT

It is time to look at your Medicare drug plan for 2019 and see if it still fits your needs with your current medications and costs. Please set up an appointment between October 15 - December 7 to discuss your options with Beth or Lynne. They can make the process very easy. All you need is your Medicare card and names and doses of your medications. We are available Monday-Friday 9 AM - 2 PM or other times as needed. Please schedule an hour long appointment per person so if you are a couple please schedule 2 hours. Signup sheets are available in the reception area at the senior center. This service is free for Sherman residents. It can take from 20 minutes to an hour depending on how complicated your medications are.



TIME TO APPLY FOR ENERGY ASSISTANCE

We are taking applications for energy assistance now for this winter season. Please make an appointment with Beth or Lynne if your income is below \$35,116 for a single person and \$45,920 for a couple and your assets are below \$17,000 if you are a homeowner and \$10,000 if you rent.

