

Sherman Senior Center Newsletter

Volume 17, Number 4

July-August 2016



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

Lynne Gomez, Assistant

Commission on Aging

• Juan Garcia • Ed Hayes

• Arthur Jellen • Sheila McMahon

• Jean McRoberts • Janet Wey

• Rick Hudson

Ex Officio: Clay Cope

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.



Trips & Events

Exercise Club: Every Tuesday at 10:00 — Join us weekly for stretching and gentle exercise. Our exercise plan was designed by NMVNA physical therapist to gain strength, improve flexibility and balance. Free.

Sherman Senior Picnic: Wednesday, July 20 at 11:00 — Join us at beautiful Holiday Point for our annual picnic. The senior center will provide the drinks and dessert. Call for transportation.

Fraud Awareness Lunch and Learn: Friday, July 22 at 11:00 — The speaker will be Terry Shanahan. He is a graduate of the FBI National Academy, 28 years with the Danbury Police Department, instructor at WCSU in justice and law, currently he is the assistant vice president of security at Union Savings Bank. Program sponsored by Griswold Home Care. Lunch will be provided, free. RSVP.

Lumos and Lemonade: Last Thursday of the month at 1:30 — Musical duo, "Lumos" with Susie and Al, will come to the Sherman Senior Center and entertain us with their unique and sweet music. Get out of the heat and enjoy some sweet treats, cool lemonade and beautiful music.

Thrift Store Trip: August 10 — Put on your walking shoes and join us for some bargain hunting at several thrift stores and lunch out.

Silo Cooking Class: August 17, 10-11:30 — Sandy Daniels, chef at The Silo at Hunt Hill Farm, is presenting Cook Yourself Young: *Foods to Keep Your Mind, Body and Spirit Young!* RSVP before Aug. 10.

Danbury Railway Museum: August 19 — Join us on a visit to the museum, play with model trains, and even ride a train in the yard to the roundabout. Lunch out at Sycamore, the 50's style diner in Bethel. Cost \$8 for museum and train ride, lunch extra.

Book Club Discussion: August 29 at 11:00 — "*Orphan Train.*" Between 1854 and 1929, so-called orphan trains ran regularly from the cities of the East Coast to the farmlands of the Midwest, carrying thousands of abandoned children whose fates would be determined by luck or chance. Would they be adopted by a kind and loving family, or would they face a childhood and adolescence of hard labor and servitude? Pick up your copy at the Senior Center!

July 2016

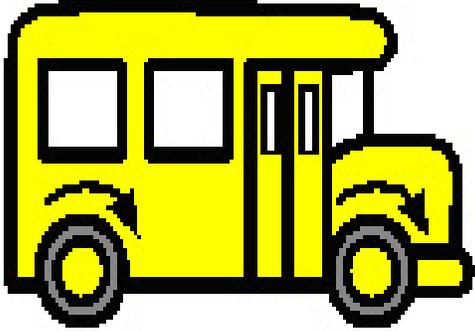
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Birthday!</p> <p>July Barbara Hollander Ed Hayes Aline Stiebert Arthur Jellen Alice Schneckenburger</p>	<p>10:00 Exercise Club</p> <p>Shopping Trip</p> <p>Adult Coloring + Coffee</p>	<p>9:00 Walking</p> <p>Trip: Sherman Library and Town Center</p> <p>12:00 Pinochle</p>	<p>9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop & Trader Joes</p>	<p>9:00 Walking</p> <p>Housatonic Probate Judge Martin Landgrebe <i>Call for appointment drop-ins welcome!</i></p>	<p>9:00 Walking</p> <p>Fraud Awareness Lunch and Learn</p>	<p>9:00 Walking</p> <p>Mahjong</p>
<p>3</p>	<p>4</p> <p> Independence Day Office Closed</p>	<p>5</p> <p>10:00 Exercise Club</p> <p>Shopping Trip</p> <p>11:00 Adult Coloring + Coffee</p>	<p>6</p> <p>9:00 Walking</p> <p>Trip: Sherman Library and Town Center</p> <p>12:00 Pinochle</p>	<p>7</p> <p>10:30 Senior Dine at American Pie <i>WhiteHouse Omelet/French Dip.</i></p> <p>1:00 Mahjong</p>	<p>8</p> <p>12:00-2:00 Housatonic Probate Judge Martin Landgrebe <i>Call for appointment drop-ins welcome!</i></p>	<p>9</p>
<p>10</p>	<p>11</p> <p>9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p>Pinochle after</p>	<p>12</p> <p>10:00 Exercise Club</p> <p>Shopping Trip</p>	<p>13</p> <p>9:00 Walking</p> <p>12:00 Pinochle</p> <p>5:00 NMH Plow to Plate</p>	<p>14</p> <p>10:30 Senior Dine at American Pie <i>German Potato Pancakes or Eggplant Parm Cutlet Sandwich.</i></p> <p>12:00 Price is Right Sponsored by Visiting Angels</p> <p>1:00 Mahjong</p>	<p>15</p> <p>9:00 Walking</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>9:00 Walking</p> <p>Trip Painted Pony</p> <p>12:00 Pinochle</p>	<p>19</p> <p>10:00 Exercise Club</p> <p>Craft Class "Grass Heads"</p> <p>Shopping Trip</p>	<p>20</p> <p>9:00 Walking</p> <p>11:00 Senior Picnic at Holiday Point</p> <p>Pinochle after</p>	<p>21</p> <p>10:30 Senior Dine at American Pie <i>Roasted Veggie Fajita, or Hot Open-faced pot roast sandwich.</i></p> <p>11:45 Discussion Club with Ice Cream Topic: Extreme Adventurers</p> <p>1:00 Mahjong</p>	<p>22</p> <p>9:00 Walking</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>26</p> <p>10:00 Exercise Club with Physical Therapist</p> <p>Shopping Trip</p>	<p>27</p> <p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p>28</p> <p>10:30 Senior Dine at American Pie <i>Blueberry Pancake with Egg, or Smoked Chicken Grill on Whole-grained Bread.</i></p> <p>1:30 Music with Lumos: "Susie and Al"</p>	<p>29</p> <p>9:00 Walking</p> <p>1:00 Mahjong</p>	<p>30</p>
<p>31</p>						

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Walking 12:00 Pinochle	2 10:00 Exercise Club Shopping Trip 11:00 : Adult Coloring + Coffee	3 9:00 Walking 11:00 Trip: Sherman Library and Town Center 12:00 Pinochle	4 10:30 Senior Dine at American Pie <i>Banana Foster, French Toast, or Chef's Salad with Ham, Turkey, Cheese.</i> 1:00 Mahjong 	5 9:00 Walking	6	
7 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party 12:00 Pinochle	8 10:00 Exercise Club Shopping Trip	9 10:00 Exercise Club Shopping Trip	10 9:00 Walking 10:00 Trip: Thrift Store shopping & lunch out <i>Pinochle after</i>	11 10:30 Senior Dine at American Pie <i>Vegetable Quiche with Lettuce/Tomato, or Meatloaf w. Gravy, Mashed Potatoes.</i> 11:45 Discussion Club with ice cream Topic: Jamestown 1:00 Mahjong 	12 9:00 Walking Housatonic Probate Court Judge Martin Landgrebe. Call for appointment drop-ins welcome!	13
14 9:00 Walking <i>Pinochle after</i>	15 10:00 Exercise Club Shopping Trip	16 10:00 Exercise Club Shopping Trip	17 9:00 Walking 10:00 Silo Cooking Class - "Cook Yourself Young" 12:00 Pinochle	18 10:30 Senior Dine at American Pie <i>Florentine Omelet or BLT-Chicken Cutlet.</i> 1:00 Mahjong 	19 9:00 Walking Trip: Danbury Railway Museum & Lunch at Sycamore's 	20
21 9:00 Walking Trip: Lover's Leap & Royal Buffet <i>Pinochle after</i>	22 10:00 Exercise Club Shopping Trip 11:00 Craft Class Jewelry Making	23 10:00 Exercise Club Shopping Trip 11:00 Craft Class Jewelry Making	24 9:00 Walking 12:00 Pinochle	25 10:30 Senior Dine at American Pie <i>Roasted Veggie Fajita, or Soup of the day with Turkey/Swiss Sandwich.</i> 1:30 Music with Lumos: "Susie and Al" 	26 9:00 Walking 1:00 Mahjong 	27
28 9:00 Walking 11:00 Book Club Discussion: Orphan Train 12:00 Pinochle	29 10:00 Exercise Club Shopping Trip	30 10:00 Exercise Club Shopping Trip	31 9:00 Walking 12:00 Pinochle		 Happy Birthday!	August Patricia Bailey Clay Winters Doreen Branch Sheila McMahon Doris Ryan

Senior Living in Sherman

Transportation is available from your home every Tuesday. Some of the stops are Aldis, Big Y, Dollar store, Home Depot, Kohl's, Stop and Shop, and Walmart. On the 1st Wednesday we stay in town and go to Sherman IGA, Town Hall, Post Office, Bank and Library. Call 860-354-2414 ext. #1 to RSVP.



Sherman has one of the most successful FISH programs in the State of Connecticut. Sherman volunteers are available to drive you to your doctor or legal appointment. Call 860-355-4334, leave a message! You can also borrow medical equipment, such as walkers, wheelchairs and more.



The town social worker has an office at the Senior Center. You can get help with questions on Medicare, social security, housing, insurance and more. Call for an appointment 860-354-2414, ext. #2.

KEEP
CALM
WE'RE
HERE TO
HELP

Every month on the second Monday we celebrate the birthdays of our friends. Everyone is welcome; we would love to have you come and visit! Bring a friend, or make a new friend!



The Sherman Senior Center is here for any Sherman resident age 55 and older! Join us on trips, eat outs, health and wellness programs, social service information and consultation, crafts, cards or exercise club.

