

Sherman Senior Center Newsletter

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July-August 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.

Sherman Seniors Picnic

Friday, July 13 at 11:00

Holiday Point Beach



RSVP you are coming!

Classes, Programs and Events

Please RSVP 860.354.2414 ext 1

Boomwackers: July 3 at 11:45. Join Al Burgasser in a fun way to learn about making music and rhythms - **and lots of laughter!**

Hearing Health Care: Updates for 2018 on Tuesday, July 10 at 11:30. Veralyn Davee, of Hearing Aid Specialists of CT will give a free seminar on Hearing Health Care. Veralyn Davee, certified and licensed Audiologist and CT licensed Hearing Instrument Specialist, will address the Latest Clinical Findings, Technology Trends and Insurance updates for 2018.

Five Wishes: July 12 at 11:30. Five Wishes is a document that needs to be in every household. Why? Because we all get to die, but how we die often times is not determined by us. The Five Wishes document allows you to decide what it is that you want at the end of life. Participants will be provided the document and we will go over it in detail. Be empowered and give yourself and your family a precious gift as you make your wishes known. Catherine Vlasto LCSW works as a Hospice Social Worker for New Milford VNA & Hospice. Program is limited to 25 participants. Transportation is available.

Chair Yoga: July 16 and August 20 at 10:00. Join Elaine Donahue, certified yoga instructor, for an enriching gentle yoga class. Improve balance, strength and flexibility by practicing classic yogic poses while supported by your chair.

Assistive Technology: July 17 at 11:30. Demonstrations of assistive devices such as magnifiers, phone amplifiers, iPads, vibrating alarm clocks, smart pens and talking watches just to name a few.

Trip: Yard Goats Baseball: July 18. Hartford Yard Goats vs Reading Fightin' Phils. Come watch the future stars of major league baseball in a brand new ballpark. Cost: \$12, includes a box lunch.

"The Way You Wear Your Hat - a Collection of Hats Through the Decades": July 19 tour at 11:00. Enjoy the display throughout the first floor of the Sherman Historical Society's Northrop House.

Know your Numbers: August 6. Do you want to know what your risk for diabetes and/or cardiovascular disease is? Call for your appointment with a trusted nurse from New Milford VNA and Hospice. We will check your weight, waist measurements, BMI, cholesterol and blood sugar. After numbers are calculated advice will be given from the nurse. Limited appointments available.

Trip: Summer Theater: August 9. Neil Simon's *Barefoot in the Park* at Sharon TriArts Theater. Come enjoy a romantic comedy of newlyweds who move into a tiny walkup apartment in NYC. Cost: \$25, due with reservation. Limited transportation is available.























Exercise Club Check Up: July 26. Scott Coulter, physical therapist and the owner of The Children's Movement Center, to discuss ways to improve balance and flexibility at our weekly exercise class.

Immunizations as we Age: August 21 at 11:30. Topic: Important Immunizations as we age, including descriptions of all the different types of pneumonia and flu vaccines. Sherman Flu Clinic is scheduled for October 3.










Trip: White Silo: August 23 at 11:00. Get your friends together and join us for a fun tour and tasting at our local vineyard. Gourmet lunches can be purchased. RSVP before 8/21 required.

Lumos and Lemonade - Last Tuesday of the month at 1:00 "Susie and Al" will entertain us with their unique and sweet music. Refreshments served. Transportation is available.

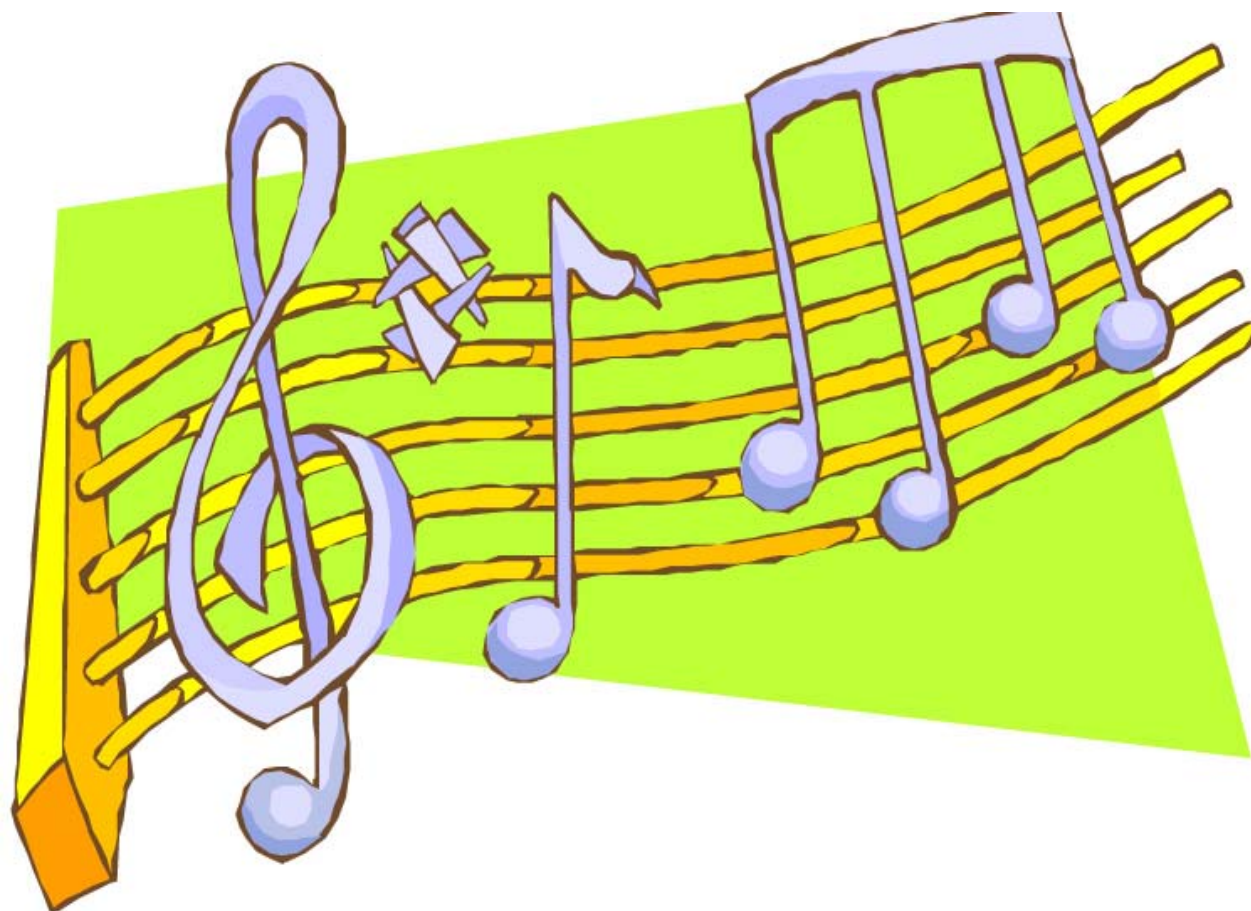
July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Walking 11:00 Presentation: US Merchant Marines (Discussion and videos)  12-4 Pinochle	3 10:30 Senior Dine at American Pie 11:45  Boonwhackers	4  Independence Day Office Closed	5 10:00 Exercise Club Shopping New Milford  11:00 Adult Coloring & Coffee 	6 9:00 Walking	7
8	9 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after	10 10:30 Senior Dine at American Pie 11:30 Hearing Health and Technology Trends for 2018 	11 9:00 Walking Shopping  12:00 Lunch Pinochle 1-4	12 10:00 Exercise Club Shopping New Milford  11:30 Five Wishes Presentation by NMVNA	13 11:00 Senior Picnic at Holiday Point 	14 9:00 Walking
15	16 9:00 Walking 10:00 Chair Yoga  12-4 Pinochle	17 10:30 Senior Dine at American Pie 11:30 Assistive Technology Charlene WCAA	18 9:00 Walking Shopping  Trip: Hartford Yard Goats Baseball Game (No lunch at center) Pinochle 12-4	19 10:00 Exercise Club Shopping New Milford  Hat Exhibit Tour Trip: Sherman Library and town center	20 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's  12:00-2:00 Probate Judge Martin Landgrebe  Call for appointment, drop-ins welcome!	21 9:00 Walking
22	23 9:00 Walking 11:30 Movie at JCC "Florence Foster Jenkins" 12-4 Pinochle	24 10:30 Senior Dine at American Pie 11:30 Discussion Club	25 9:00 Walking 12:00 Lunch Pinochle 1-4	26 10:00 Exercise Club with physical therapist Check your form Shopping New Milford 	27 9:00 Walking  Office Closed at 12:00	28
29	30 9:00 Walking 10:00 Craft Club 12-4 Pinochle	31 10:30 Senior Dine at American Pie 11:45 Bingo 1:00 	Happy Birthday!  Rich Engel Ed Hays Barbara Hollander Stuart Hubbard Arthur Jellen			

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Happy Birthday!  Patricia Bailey Doreen Branch Gloria Cooperman Sheila McMahon Doris Ryan	 6 9:00 Walking 10-12 Know your numbers - Free Cholesterol, Diabetes Screening 12-4 Pinochle	 7 10:30 Senior Dine at American Pie 11:45  Boombackers	1 9:00 Walking  Shopping New Milford 12:00 Lunch Pinochle 1-4	2 10:00 Exercise Club  Shopping New Milford 11:00 Adult Coloring & Coffee  Trip: Sherman Library and Town Center	3 9:00 Walking  Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's	4
12 13 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party Pinochle after	7 10:30 Senior Dine at American Pie 11:45  Boombackers 14 10:30 Senior Dine at American Pie 11:30 Discussion Club	8 9:00 Walking  Shopping New Milford 12:00 Lunch Pinochle 1-4	15 9:00 Walking  Shopping New Milford 12:00 Lunch Pinochle 1-4	9 10:00 Exercise Club  Shopping New Milford 11:00 Sharon Playhouse Barefoot in the Park 	10 9:00 Walking 12:00-2:00  Housatonic Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i>	11
19 20 9:00 Walking 10:00 Chair Yoga 12-4 Pinochle	21 10:30 Senior Dine at American Pie 11:30 NMVNA Talk immunizations as we age	15 9:00 Walking  Shopping New Milford 12:00 Lunch Pinochle 1-4	22 9:00 Walking  Shopping New Milford 12:00 Lunch Pinochle 1-4	16 10:00 Exercise Club  Shopping New Milford 10:00 Trip: Sherman Library and Town Center	17 9:00 Walking Trip: Target and Stew Leonard's	18
26 27 9:00 Walking 11:30 Movie at JCC: "Logan Lucky" 12-4 Pinochle	28 10:30 Senior Dine at American Pie 11:45 Bingo 1:00 	29 9:00 Walking  Shopping New Milford 12:00 Lunch  Pinochle 1-4	22 10:00 Exercise Club  Shopping New Milford 11:00 White Silo Tour & Wine Tasting Trip: Sherman Library and Town Center	23 10:00 Exercise Club  Shopping New Milford 11:00 Trip: Sherman Library and Town Center	24 9:00 Walking  Office Closed at 12:00	25
26 27 9:00 Walking 11:30 Movie at JCC: "Logan Lucky" 12-4 Pinochle	28 10:30 Senior Dine at American Pie 11:45 Bingo 1:00 	29 9:00 Walking  Shopping New Milford 12:00 Lunch  Pinochle 1-4	30 10:00 Exercise Club at Great Hollow  Shopping New Milford 10:45 Travel Cam Presentation	31 9:00 Walking  Office Closed at 12:00	31	

The Sherman Commission on Aging
is sponsoring a concert
Sunday, August 19, 4:30-7PM
To Celebrate
Sherman Senior Musicians
(age 55+)



For musician sign-up or questions,
please call (860) 354-2414 ext 1, or email:
COAshermanct@gmail.com