

# Sherman Senior Center Newsletter

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March-April 2018



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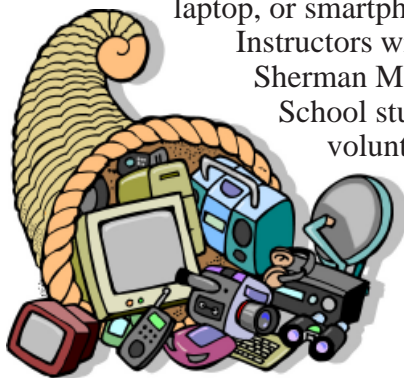
The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.

## Technology Workshop:

Thursdays, March 1 - April 5  
from 3:30 to 4:30.

Do you want to learn more about technology devices, or have questions about your iPad, laptop, or smartphone?

Instructors will be Sherman Middle School student volunteers.



## Classes, Programs and Events

**Emotional Ties to Clutter:** March 5 at 11:00. We will discuss the emotional underpinnings of holding on to our stuff, share strategies to work through our feelings and relationship to them and discover the freedom that awaits when you travel through life a little lighter. NMVNA Catherine Vlasto, LCSW.

**Travel Talk:** March 6 at 11:30. A lively discussion on where people have been and where they would like to travel. There will also be a presentation on how to plan a vacation using resources such as Trip Advisor.

**State Senator McLachlan:** March 9 at 11:30. Update on the Medicare Savings Program.

**Author, John Cilio:** March 13 at 11:30. The story of transportation in America is the saga of people constantly on the move—From stage coaches or boats, then steam powered boats and trains. Then railroads dominated American transportation for 100 years until the 1950s when scheduled airlines carried more passengers. Hear about the struggle for passenger mile supremacy. They have never had to look back but what lies ahead?

**Brain Fitness Program:** March 20 at 11:30. Improve your concentration and memory by participating in our brain fitness games. There will be fun games to play, healthy snacks provided, and good tips on how to keep your brain healthy.

**Elder Abuse Program:** March 22 at 11:00. Eileen Victory from Sherman's Webster bank will discuss the newest scams and what they see coming through the local bank. We will learn what we can do and what the bank is doing to protect us from Elder Abuse.

**Mathew's Hearts of Hope Sewing:** March 29, 11:00. Join us to help sew pillows for the brave children going through heart surgery.

**National Walking Day:** April 4 at 9:00. Meet at the Veteran's Field Gazebo and join the town for some healthy exercise.

**Assistive Technology:** April 10 at 11:30. Demonstration of assistive devices such as magnifiers, phone amplifiers, iPads, vibrating alarm clocks, smart pens and talking watches, just to name a few.

**CT Audubon Society:** April 12 at 11:00. Staff from the Deer Pond Farm will visit.

**A Life less Ordinary:** April 13 at 11:30. With William Crawford, MS, CPC, LNHA:


- Explore the possibility of living a long, engaged and fruitful life.
- Redefine what getting older looks like in the 21st century.
- Create a purpose driven life in the golden years.
- Take steps of action that will transform your life from the ordinary to the extraordinary with just three simple principles to follow.
- Why socializing will literally save your life.

**Lifelong Learning:** April 17 at 11:30. Please join us for a presentation about Life Long Learning opportunities and why it can be beneficial for you.

**AARP Safe Driving Class:** April 20, 9:00-1:00. This is a wonderful refresher course that is open to everyone. The course includes a workbook, has no examinations and everyone passes! 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. Please call 860-354-2414 to sign up for the course.

**Healthy Cooking for One Class:** April 30 at 10:30. Guest Chef Anne McClelland, owner of "The First Bite Catering." Menu: Tossed salad with creamy cucumber vinaigrette, vegetable chili, roasted cauliflower with yogurt dipping sauce, macerated berries over angel food cake. RSVP by 4/23.

# March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b>  <b>Happy Birthday!</b> Brigitte Donner Frank Lawget Elisabeth Pfaff Nelda Scheremeta Maureen Winkler Anita Yevish	<b>5</b> 9:00 Walking 11:00 Emotional Ties to Clutter 12:00 Pinochle	<b>6</b> 10:30 Senior Dine at American Pie 11:30 Travel Talk	<b>7</b> 9:00 Walking No Shopping Today 12:00 Lunch <i>Pinochle after</i>	<b>8</b> 10:00 Exercise Club Shopping New Milford 11:00 Beginner French Class 3:30 Technology Classes	<b>9</b> 9:00 Walking 11:30 State Senator McLaghlan 12:30-2:00 Housatonic Probate Judge Martin Landgrebe <i>Call for appointment, drop-ins welcome!</i>	<b>10</b> 9:00 Walking
<b>11</b> 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party <i>Pinochle after</i>	<b>12</b> 9:00 Walking 10:30 Senior Dine at American Pie 11:30 Author, John Cilio "The story of transportation in America" 12:00 Chair Yoga 12:00 Brain Fitness Program	<b>13</b> 9:00 Walking 10:30 Senior Dine at American Pie 11:30 Author, John Cilio "The story of transportation in America" 12:00 Senior Dine at American Pie 11:30 Bingo 1:30	<b>14</b> 9:00 Walking Shopping 12:00 St.Patty's Day Party & Lunch <i>Pinochle after</i>	<b>15</b> 10:00 Exercise Club with physical therapist will check your form Shopping New Milford Trip: Sherman Library and town center 3:30 Technology Classes	<b>16</b> 9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's	<b>17</b> 9:00 Walking
<b>18</b> 9:00 Walking 10:00 Chair Yoga 12:00 Pinochle	<b>19</b> 9:00 Walking 10:00 Chair Yoga 12:00 Pinochle	<b>20</b> 10:30 Senior Dine at American Pie 11:30 Brain Fitness Program	<b>21</b> 9:00 Walking Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	<b>22</b> 10:00 Exercise Club Shopping New Milford 11:00 Elder Abuse Program by Webster Bank 3:30 Technology Classes	<b>23</b> 9:00 Walking 11:00 Family Feud Game Show Fun Refreshments and Prizes	<b>24</b> 9:00 Walking
<b>25</b> 9:00 Walking 10:00 Craft Club <i>Pinochle after</i>	<b>26</b> 9:00 Walking 10:00 Craft Club <i>Pinochle after</i>	<b>27</b> 10:30 Senior Dine at American Pie 11:45 Bingo 1:30	<b>28</b> 9:00 Walking Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	<b>29</b> 10:00 Exercise Club Shopping New Milford 11:00 Pillow sewing for Matthew's Hearts of Hope 3:30 Technology Classes	<b>30</b> Closed	<b>31</b> 9:00 Walking

# April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b>  <b>Office Closed</b>	<b>3</b> 10:30 Senior Dine at American Pie  11:45 Boomwhackers	<b>4</b>  Shopping New Milford 9:00 National Walking Day Sherman Track  Lunch 12:00 Lunch <i>Pinochle after</i>	<b>5</b>  Shopping New Milford 11:00 Adult Coloring & Coffee  Trip: Sherman Library and Town Center 3:30 Technology Classes	<b>6</b>  9:00 Walking <b>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</b> Valerie's 10:00 - Mobile Hair 12:00	<b>7</b>
<b>8</b>	<b>9</b> 9:00 Walking Blood Pressure 11:30 12:30 Birthday Party  <i>Pinochle after</i>	<b>10</b> 10:30 Senior Dine at American Pie 11:30 Gadgets and Gizmos Assistive Technology	<b>11</b>  9:00 Walking Shopping New Milford 12:00 Lunch <i>Pinochle after</i>	<b>12</b> 10:00 Exercise Club Shopping New Milford  11:00 CT Audubon Society Program 	<b>13</b> 9:00 Walking 11:30 "A Life Less Ordinary" with renowned psychologist, <b>Dr. Bill Crawford</b> 	<b>14</b>
<b>15</b> 	<b>16</b> 9:00 Walking 12:00 <i>Pinochle</i>	<b>17</b> 10:30 Senior Dine at American Pie 11:30 Lifelong Learning Program	<b>18</b> 9:00 Walking No Shopping 12:00 Lunch <i>Pinochle after</i>	<b>19</b> 10:00 Exercise Club  Shopping New Milford 12:00 Senior Center Volunteer Training	<b>20</b> 9-1 AARP Safe Drive Class 	<b>21</b>
<b>22</b>	<b>23</b> 9:00 Walking 10:00 Chair Yoga  12:00 <i>Pinochle</i>	<b>24</b> 10:30 Senior Dine at American Pie 11:45 Bingo 1:30 	<b>25</b>  9:00 Walking Shopping New Milford  Lunch <i>Pinochle after</i>	<b>26</b>  10:00 Exercise Club Shopping New Milford Trip: Sherman Library and Town Center	<b>27</b> 9:00 Walking 	<b>28</b>
<b>29</b>	<b>30</b> 9:00 Walking 10:30 Class: Healthy Cooking for One 12:00 <i>Pinochle</i>	<b>Happy Birthday</b>  Monty Clark Kit Lee Loes Ostergren				

# Thank You Volunteers!



Kitchen and Party helpers, Book Club Moderator, Speakers, Musicians, Food and Supplies Donors, Flu Clinic, Newsletter, Friends of the Center, Card Game Coordinators, Cooking Classes, Office Helpers, Receptionists and Instructors.

