

# Sherman Senior Center Newsletter

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May-June 2018



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• Arthur Jellen • Sheila McMahon

• Jean McRoberts • Janet Wey

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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 Senior Transportation



Call 2 days prior to  
request a ride

## Classes, Programs and Events

### Upcoming Events

Please RSVP 860.354.2414 ext 1

**Lunch & Learn about Pain Management: May 10 at 11:30** with Dr. Gupta & Dr. Paz. Dr Paz, interventional pain management physician, specializing in the diagnosis and treatment of musculoskeletal neurological and cancer related pain. Dr. Gupta is Chief of Orthopedics at Danbury Hospital. A light lunch will be provided. RSVP by May 8.

**Five Wishes: May 22 at 12:15.** "Five Wishes" is a document that needs to be in every household. Why? Because we all get to die. How we die, however, oftentimes is not determined by us. Use the "Five Wishes" document to reflect and 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.

**Elder Financial Abuse Program: May 24 at 11:00.** Webster Bank's Eileen Victory will discuss the newest scams and what they see coming thru the local bank. We will learn what we can do and what the bank is doing to protect us from Elder Financial Abuse.

**Author, John Cilio: June 14 at 11:30.** "The Story of Transportation in America" is the saga of people constantly on the move. From colonial times, people paid for public transportation; first using stage coaches or boats along the river, then steam powered boats and trains. Eventually one service becomes faster, safer and more affordable than another. Railroads had 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?

### Trips

**Kent, CT: May 18.** We will enjoy a trip to the Kent Art Assoc, Bull's Bridge and lunch out.

**Great Hollow: May 31 at 10:00.** Join our Exercise Club at Great Hollow and at 10:45 we will enjoy a Travel Cam presentation.

**Appalachian Trail: June 4.** Program together with the Southbury Senior Center. We will listen to a presentation by Sam Ducharme "Thru Hiking the Appalachian Trail" while we eat lunch and then we will hit the trail. Come meet folks from other senior centers who enjoy hiking!

**Lover's Leap: June 22 and lunch out.** Join us on a visit to New Milford's beautiful bridge and park before we enjoy a lunch outing in New Milford.

**Summer Theater "Anything Goes": June 28 at 2:00.** Sharon Tri-Arts Playhouse. Cost \$25. Limited transportation, call early.

# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday!</b></p>  <p>Carol Mehne Ann Torok Carol Voorhees Tony Langley Catherine DeRoss Elizabeth Beatty</p>	<p><b>1</b> 10:30 Senior Dine at American Pie</p>  <p>11:45</p>	<p><b>2</b> 9:00 Walking Shopping</p>  <p>12:00 Lunch</p> <p><i>Pinochle after</i></p>	<p><b>3</b> 10:00 Exercise Club Shopping New Milford</p>  <p>11:00 Adult Coloring &amp; Coffee</p>  <p>Trip: Sherman Library and town center</p>	<p><b>4</b> 9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p>  <p>10:00 - 12:00 Valerie's Mobile Hair</p>	<p><b>5</b></p>	
<p><b>6</b> 9:00 Walking</p> <p>10:00 NMVNA Cardiovascular Prevention with Nutritionist</p> <p>12:00 <i>Pinochle</i></p>	<p><b>7</b> 9:00 Walking</p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 Fall P revention with Scott</p>	<p><b>8</b> 9:00 Walking Shopping</p>  <p>12:00 Lunch</p> <p><i>Pinochle after</i></p>	<p><b>9</b> 10:00 Exercise Club Shopping New Milford</p>  <p>11:30 Lunch &amp; Learn Topic: Pain Management with Dr. Gupta &amp; Dr. Paz</p>	<p><b>10</b> 9:00 Walking</p> <p>Trip: Target &amp; Stew Leonard's</p> 	<p><b>11</b></p>	<p><b>12</b></p>
<p><b>13</b> 9:00 Walking</p> <p>11:30 Blood Pressure</p> <p>12:30 Birthday Party</p> <p><i>Pinochle after</i></p> 	<p><b>14</b> 9:00 Walking</p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 M-Touch Class for anxiety and stress relief</p>	<p><b>15</b> 9:00 Walking Shopping</p>  <p>12:00 Lunch</p> <p><i>Pinochle after</i></p>	<p><b>16</b> 10:00 Exercise Club with physical therapist</p>  <p>Shopping New Milford</p> <p>Trip: Sherman Library and town center</p>	<p><b>17</b> 9:00 Walking</p> <p>Trip: Kent Art Association and lunch out</p>	<p><b>18</b></p>	<p><b>19</b></p>
<p><b>20</b> 9:00 Walking</p> <p>10:00 Chair Yoga</p> <p>12:00 <i>Pinochle</i></p> 	<p><b>21</b> 9:00 Walking</p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 Tower Gardens</p> <p>12:15 Five Wishes Presentation by NMVNA</p>	<p><b>22</b> 9:00 Walking Shopping New Milford</p>  <p>12:00 Lunch</p> <p><i>Pinochle after</i></p>	<p><b>23</b> 10:00 Exercise Club Shopping New Milford</p>  <p>11:00 Elder Abuse Program by Webster Bank</p>	<p><b>24</b> 9:00 Walking</p> <p>Join us at the Sherman Track</p> 	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p>  <p><b>28</b></p> <p>Memorial Day Office Closed</p>	<p><b>29</b> 10:30 Senior Dine at American Pie</p> <p>11:45 Bingo</p> <p>1:30</p> 	<p><b>30</b> 9:00 Walking Shopping New Milford</p>  <p>12:00 Lunch</p> <p><i>Pinochle after</i></p> 	<p><b>31</b> 10:00 Shopping New Milford</p>  <p>10:00 Exercise Club at Great Hollow</p> <p>10:45 Travel Cam Presentation</p>	<p><b>27</b></p> 	<p><b>28</b></p> 	<p><b>29</b></p>

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>  Leslie Auer Janet Weg Betty Eiro Chris Engel <b>Happy Birthday!</b> Al Burkhardt Willy Knaak Mary DeVene	<b>4</b> 9:00 Walking Trip: Hike Appalachian Trail  12-4 Pinochle	<b>5</b> 10:30 Senior Dine at American Pie 11:45 Boomwhackers 	<b>6</b>  9:00 Walking Shopping New Milford Lunch Pinochle after	<b>7</b>  10:00 Exercise Club 11:00 Adult Coloring & Coffee  Trip: Sherman Library and Town Center Shopping New Milford	<b>1</b>  9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's 10:00 - Valerie's 12:00 Mobile Hair	<b>2</b>
<b>10</b> 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after	<b>11</b> 9:00 Walking 10:30 Smart Phone Workshop 12-4 Pinochle	<b>12</b> 10:30 Senior Dine at American Pie 11:30 Diabetes Education NMVNA	<b>13</b>  9:00 Walking Shopping New Milford Lunch Pinochle after	<b>14</b> 10:00 Exercise Club 11:30 Author, John Cilio "The Story of Transportation in America"  Shopping New Milford	<b>15</b> 9:00 Walking Trip: Sherman Beach	<b>16</b>
<b>17</b> 9:00 Walking 10:30 Smart Phone Workshop 12-4 Pinochle	<b>18</b> 9:00 Walking 10:30 Smart Phone Workshop 12-4 Pinochle	<b>19</b> 10:30 Senior Dine at American Pie 11:30 Book Club Tara Road by Maeve Binchy	<b>20</b>  9:00 Walking Shopping New Milford Lunch Pinochle after	<b>21</b> 10:00 Exercise Club Shopping New Milford  11:00 NMVNA Talk on Lyme Disease Trip: Sherman Library and Town Center	<b>22</b> 9:00 Walking Trip: Lover's Leap and lunch out	<b>23</b>
<b>24</b> 9:00 Walking 10:00 Chair Yoga 12-4 Pinochle	<b>25</b> 9:00 Walking Chair Yoga 12-4 Pinochle	<b>26</b> 10:30 Senior Dine at American Pie 11:45 Bingo 1:30	<b>27</b>  9:00 Walking Shopping New Milford Lunch Pinochle after	<b>28</b> 10:00 Exercise Club Shopping New Milford  Trip: Sharon Playhouse Anything Goes 	<b>29</b>  9:00 Walking Join us at the Sherman Track	<b>30</b>

# Save the Date

## Sunday, August 19, 2018

The Sherman Commission on Aging is  
sponsoring a concert  
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](mailto:COAshermanct@gmail.com)