

# Sherman Senior Center Newsletter

Volume 17, Number 6

November-December 2016



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### Commission on Aging

• Dr. Juan Garcia, MD • 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.



## Events & Programs

**How to Prevent Financial Abuse:** Thursday, November 3 at 12:00. From travel scams and phony lotteries to false promises, seniors are often the targets of financial fraud and abuse. At this free Webster Bank seminar, you'll learn how to protect yourself—or someone you love—from becoming a victim of financial abuse.

**AARP Fraud Watch:** Monday, November 7 at 10:30. Scam artists work every day to find their way into your wallet. Fight back with the newest information.

**Lifeline Presentation:** Tuesday, November 15 at 11:00. Learn about the newest technology in home alert systems, including GoSafe and HomeSafe. The new systems include an AutoAlert pendant with fall detection technology—even if you can't or don't push your button, the signal goes out that you need help!

**SPTO Thanksgiving Luncheon:** Wednesday, November 16, at 1:00. Enjoy this popular town event. Delicious turkey, mashed potatoes, stuffing, yams and don't forget all those homemade pies!

**Senior Fitness Class:** Friday, November 18 and Friday, December 16 at 10:30. Jocelyn Leigh has been working in the fitness industry for the past 26 years, and a yoga instructor for the past 5 years. Her professional focus includes post-rehabilitative recovery through fitness and exercise. This introductory strength and conditioning class features a total body stretch.

**Natural Remedies for Arthritis and Chronic Pain:** Monday, November 21 at 11:00. Come explore the basics of natural healing with Dr. Chris from Sophia Natural Health Center. Topics include traditional Chinese medicine, adrenal fatigue, diet and much more.

**Aromatherapy: mythical, magical, or medicinal?** Monday, December 5 at 11:00. Join Catherine Vlasto, LCSW, in an exploration of aromas and essential oils.

**Historical Society Tour:** Tuesday, December 6 at 11:00. Enjoy a private tour of the Sherman Historical Society's exhibit. Maybe some hot cider will be on the menu.

**Holiday Party:** Thursday, December 8 at 12:00. Join us at the Hearth for the Sherman Seniors' Holiday Party with door prizes and sing-along. Cost is \$20. Limited transportation available... so call early!

**Christmas in Vienna:** Thursday, Dec. 15 at 12:00. Enjoy a short video of "Christmas in Vienna" and savor some holiday treats. All welcome, transportation provided.

# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday!</b></p>  <p>Stanley Ginsberg Melinda Albert Beth Trott Lisa Cilio</p>	<p><b>1</b></p>  <p>10:00 Exercise Club</p> <p>Shopping Trip</p> <p><b>11:00</b></p> <p>Talk: Social Services Update</p>	<p><b>2</b></p> <p>9:00 Walking</p> <p>Trip: Sherman Library and Town Center</p> <p><b>11:00</b></p> <p>12:00 <i>Pinochle</i></p>	<p><b>3</b></p> <p>10:30 Senior Dine at American Pie</p> <p><b>12:00</b></p> <p>Seminar: How to Prevent Financial Abuse</p>	<p><b>4</b></p>  <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p> <p>9:00 Walking</p>	<p>5</p>	
<p><b>6</b></p> <p>9:00 Walking</p> <p><b>10:30</b></p> <p>AARP Fraud Watch - Fraud and Abuse and Popular Senior Scams</p> <p>12:00 <i>Pinochle</i></p>	<p><b>8</b></p>  <p>10:00 Exercise Club</p> <p>Shopping Trip</p> <p><b>11:00</b></p> <p>Housing Commission Update</p>	<p><b>9</b></p> <p>9:00 Walking</p> <p>5:00 Trip: NMH Senior Dining</p> <p>12:00 <i>Pinochle</i></p>	<p><b>10</b></p> <p>10:30 Senior Dine at American Pie</p> <p><b>11:45</b></p> <p>Discussion Club Audrey Mason &amp; Orphan Trains</p>	<p><b>11</b></p>  <p>Veterans Day Office Closed</p>	<p>12</p>	
<p><b>13</b></p> <p>9:00 Walking</p> <p><b>11:30</b></p> <p>Blood Pressure</p> <p><b>12:30</b></p> <p>Birthday Party</p> <p><i>Pinochle after</i></p>	<p><b>15</b></p>  <p>10:00 Exercise Club</p> <p>Shopping Trip</p> <p><b>11:00</b></p> <p>Talk: NMVNA Lifeline</p>	<p><b>16</b></p> <p>9:00 Walking</p> <p>Trip: Library and Town Center</p> <p><b>1:00</b></p> <p>SPTO Thanksgiving Luncheon</p>  <p><i>Pinochle after</i></p>	<p><b>17</b></p> <p>10:30 Senior Dine at American Pie</p> <p><b>12:00</b></p> <p>Art Class with Anna Let's be Creative!</p>	<p><b>18</b></p> <p>9:00 Walking</p> <p><b>10:30</b></p> <p>Senior Fitness Intro class -free</p>	<p>19</p>	
<p><b>20</b></p> <p>9:00 Walking</p> <p><b>11:00</b></p> <p>Talk: Natural Solutions for Arthritis and Chronic Pain</p> <p>12:00 <i>Pinochle</i></p>	<p><b>22</b></p>  <p>10:00: Exercise Club</p> <p>Shopping Trip</p> <p><b>11:00</b></p> <p>Adult Coloring &amp; Coffee</p>	<p><b>23</b></p> <p>9:00 Walking</p> <p>Trip: Library and Town Center</p> <p><b>1:00</b></p> <p>SPTO Thanksgiving Luncheon</p>  <p><i>Pinochle after</i></p>	<p><b>24</b></p>  <p>Thanksgiving Office Closed</p>	<p><b>25</b></p>  <p>Office Closed</p>	<p>26</p>	
<p><b>27</b></p> <p>9:00 Walking</p> <p><b>10:30</b></p> <p>Book Club Discussion "Anne of Green Gables"</p> <p>12:00 <i>Pinochle</i></p>	<p><b>29</b></p>  <p>10:00 Exercise Club</p> <p>Shopping Trip</p> <p><b>11:00</b></p> <p>Come help decorate the Senior Center</p>	<p><b>30</b></p> <p>9:00 Walking</p> <p>Office Closed at 12:00</p> <p>12:00 <i>Pinochle</i></p>	<p><b>3</b></p> <p>10:30 Senior Dine at American Pie</p> <p><b>12:00</b></p> <p>Seminar: How to Prevent Financial Abuse</p>	<p><b>4</b></p>  <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p> <p>9:00 Walking</p>	<p>5</p>	

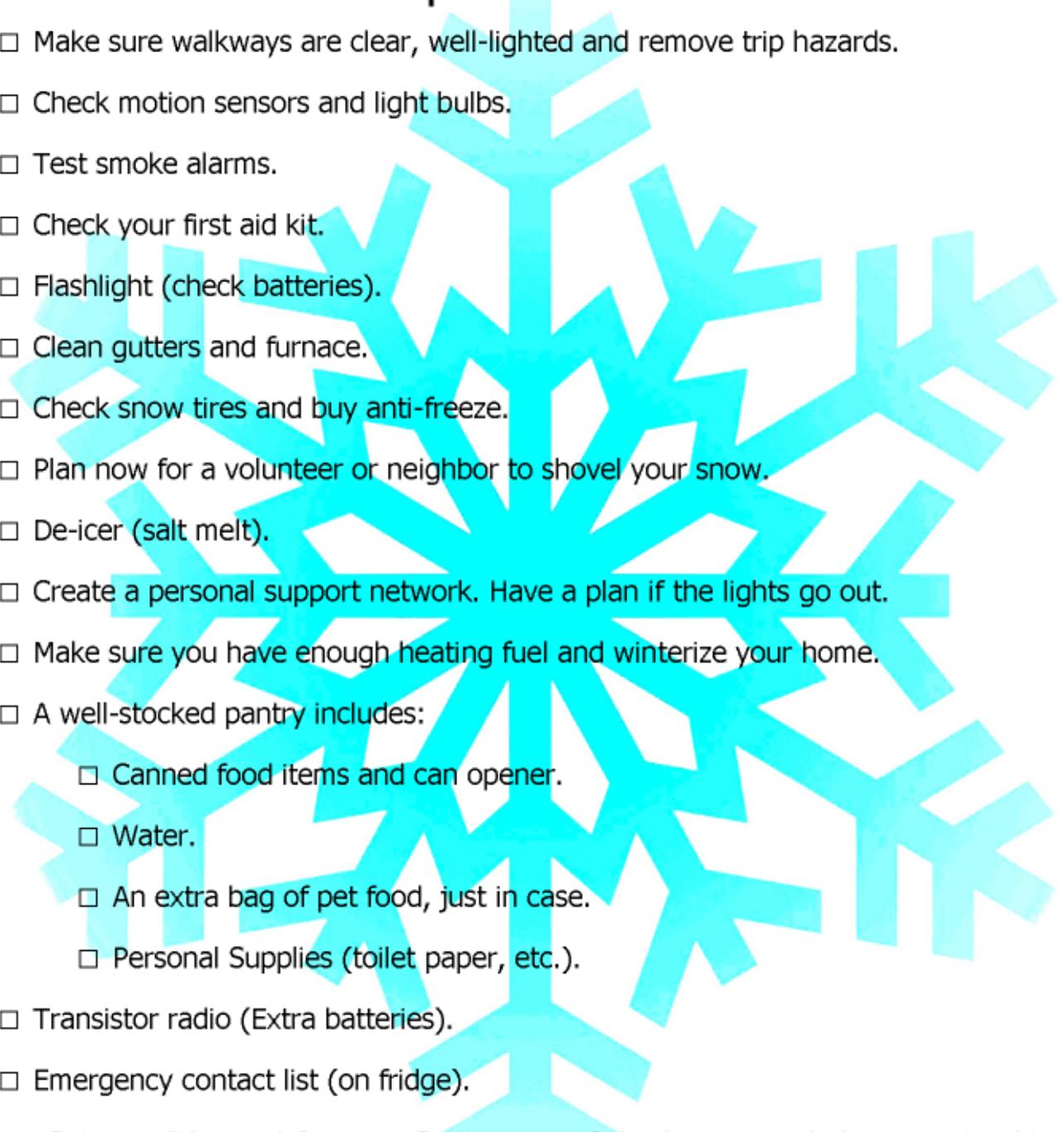


# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>4</b></p> <p>9:00 Walking</p> <p> 11:00 Aromatherapy 12:00 Pinochle</p>	<p><b>5</b></p> <p>9:00 Walking</p> <p>11:00 Holiday Music &amp; Cookie Exchange</p> <p>12:00 Pinochle</p>	<p><b>6</b></p> <p>10:00 Exercise Club</p> <p> Shopping Trip</p> <p>11:00 Holiday Tour of Sherman Historical Society</p>	<p><b>7</b></p> <p>9:00 Walking</p> <p>Trip: Sherman Library and town center</p> <p>12:00 Pinochle</p>	<p><b>8</b></p> <p>9:00 Walking</p> <p> 12:00 Holiday Party at The Hearth</p>	<p><b>9</b></p> <p>9:00 Walking</p> <p>9:00-12:00 Valerie's Mobile Hair</p> <p>12:00-2:00 Housatonic Probate Court Judge Martin Landgrebe. Call for appointment drop-ins welcome!</p>	<p><b>10</b></p> <p>9:00 Walking</p>
<p><b>11</b></p> <p>9:00 Walking</p> <p>11:00 Holiday Music &amp; Cookie Exchange</p> <p>12:00 Pinochle</p>	<p><b>12</b></p> <p>9:00 Walking</p> <p>11:00 Holiday Music &amp; Cookie Exchange</p> <p>12:00 Pinochle</p>	<p><b>13</b></p> <p>10:00 Exercise Club</p> <p> Shopping Trip</p> <p>11:00 DeStress with adult coloring &amp; coffee</p>	<p><b>14</b></p> <p>9:00 Walking</p> <p>5:00 NM Hospital Dining and tour of holiday lights</p> <p>12:00 Pinochle</p>	<p><b>15</b></p> <p>10:30 Senior Dine at American Pie</p> <p>12:00 Discussion Club "Christmas in Vienna" &amp; Holiday Treats</p>	<p><b>16</b></p> <p>9:00 Walking</p> <p>10:30 SeniorFitness Class</p>	<p><b>17</b></p> <p>9:00 Walking</p>
<p><b>18</b></p> <p>9:00 Walking</p> <p>10:30 Craft Class</p> <p>12:00 Pinochle</p>	<p><b>19</b></p> <p>9:00 Walking</p> <p>10:30 Craft Class</p> <p>12:00 Pinochle</p>	<p><b>20</b></p> <p>10:00 Exercise Club</p> <p> Shopping Trip</p>	<p><b>21</b></p> <p>9:00 Walking</p> <p>Trip: Serman Library and town center</p> <p>12:00 Pinochle</p>	<p><b>22</b></p> <p>10:30 Senior Dine at American Pie</p>	<p><b>23</b></p> <p> Office Closed at 12:00</p>	<p><b>24</b></p> <p>9:00 Walking</p>
<p><b>25</b></p> <p>9:00 Walking</p> <p>Office Closed</p>	<p><b>26</b></p> <p>9:00 Walking</p> <p>Office Closed</p>	<p><b>27</b></p> <p>10:00 Exercise Club</p> <p> Shopping Trip</p>	<p><b>28</b></p> <p>9:00 Walking</p> <p>12:00 Pinochle</p>	<p><b>29</b></p> <p>10:30 Senior Dine at American Pie</p> <p>11:45 BINGO</p> <p>1:30 Music with Lumos: "Susie and Al"</p>	<p><b>30</b></p> <p>9:00 Walking</p>	<p><b>31</b></p> <p> Happy New Year!</p>
<p><b>1</b></p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 Talk: Health Services Program</p>	<p><b>2</b></p> <p>9:00 Walking</p> <p> Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p>	<p><b>3</b></p> <p>9:00 Walking</p>	<p><b>1</b></p> <p>10:30 Senior Dine at American Pie</p> <p>11:30 Talk: Health Services Program</p>	<p><b>2</b></p> <p>9:00 Walking</p> <p>Trip: Danbury Mall, Christmas Tree Shop &amp; Trader Joe's</p>	<p><b>3</b></p> <p>9:00 Walking</p>	

# Plan ahead for Winter chill

## Winter Preparation Checklist

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- Make sure walkways are clear, well-lighted and remove trip hazards.
  - Check motion sensors and light bulbs.
  - Test smoke alarms.
  - Check your first aid kit.
  - Flashlight (check batteries).
  - Clean gutters and furnace.
  - Check snow tires and buy anti-freeze.
  - Plan now for a volunteer or neighbor to shovel your snow.
  - De-icer (salt melt).
  - Create a personal support network. Have a plan if the lights go out.
  - Make sure you have enough heating fuel and winterize your home.
  - A well-stocked pantry includes:
    - Canned food items and can opener.
    - Water.
    - An extra bag of pet food, just in case.
    - Personal Supplies (toilet paper, etc.).
  - Transistor radio (Extra batteries).
  - Emergency contact list (on fridge).

Also... Get out! It's good for you. Getting out of the house can help prevent cabin fever and depression. The Sherman Senior Center will continue to run our weekly shopping trips on Tuesdays and our trip to Sherman Center on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays. We will pick you up at your door!

You don't have to do everything at once, but if you keep up with the checklist, before you know it, you will be READY!