HELPFUL CONTACTS

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Ed Hayes • Sheila McMahon
Jean McRoberts • Janet Wey
Rick Hudson • Lynda Lee Arnold
Carol Sperling • Art Von Plachecki

Ex Officio • Don Lowe

Editor • Mutsumi Hyuga

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.

Activities and Webinars

Please call or email the Senior Center to register

WALKING GROUP
Join us at the Sherman Track any Monday, Wednesday and Friday at 9AM.
Let’s stretch our legs with some friends. Please remember social distancing.

CHAIR YOGA with ZOOM
Join the fun! Classes will be Wednesday at 10:30am online with LARA WARD, Founder & Director of Lotus Gardens, LLC. There is no cost for the class for Sherman residents 60+.

Sing-Along on Zoom
Every Monday 1pm in the month of November.

AAA Program “The History of License Plates” (Zoom)
November 5, 2020 @ 12PM
Since the invention of the ‘horseless carriage’, some type of identifier has appeared on cars. And as unlikely as it may seem, car license plates have been influenced by technology, culture, and current events over the last 100 years, offering a glimpse into our country’s past. Here’s a very brief look at our license plate history, ending with a fun game involving.

Lifelong Learning: The Great Tours “France through the Ages” (Zoom)
Fridays, November 26, 13, 20 and December 4 at 12-1:30pm

Edit Photos on iPhone (Zoom)
November 10, 2020 @ 1PM
The edit tools in the Photos app allow you to make many different changes to your photos. Learn how to straighten, crop, and adjust your photos.

Well Check Blood Pressure Clinic
November 16 and December 21 at 11:30AM
Make a 15 minute Well Check appointment with a nurse. Mask is required.

“The Downsized Gourmet”
What to do with your Thanksgiving Leftover (Zoom)
November 16, 2020 @ 12-1PM

“Genealogy” (Zoom)
November 17, 2020 @ 1PM

“From Harvest to Table” (Zoom)
November 17, 2020 @ 1PM
This 1-hour virtual Clean Food programs are designed to inspire, empower, and engage you to make positive lifestyle changes through easy, health, and delicious recipes shared from virtual clean food kitchen.

“Holiday Gift-Making” (Zoom)
December 2, 2020 @ 7PM
Terry Walters will offer you a path to healthy eating during those special times to everyday living!

AAA Program “How to Go in the Ice &n Snow” (Zoom)
December 3, 2020 @ 12PM
In bad weather, sometimes we “forget” how to drive. Preparing your car and yourself are key before hitting the road in bad weather.

AAA Program “Under the Hood 101” (Zoom)
December 7, 2020 @ 12PM
An ounce of prevention is worth a pound of cure when it comes to basic car care maintenance.

“Creating Virtual Connections” (Zoom)
December 9, 2020 @ 1PM

Emergency Support List

When the power goes out and you live alone with no family in the area, you can plunge into isolation, especially in Sherman. The mission of Sherman Social Services and the town’s Emergency Management Team is to identify and reach out to Sherman’s vulnerable and isolated.

Anyone interested may call us at 860-354-2414, ext.2.

In the hope of making our outreach more complete, we hope you will consider becoming part of the Emergency Support list.
Winter Preparation Checklist

- 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.

Holiday Celebration

Holiday Treats
December 14, 2020
10am-12pm

Join the Sherman Senior Center for some Holiday Joy. This will be a drive thru event to spread some holiday cheer and pass out some holiday treats.

It's a Wonderful Life
The CT Senior Center Virtual Holiday Bash, December 18, 2020

Statewide Virtual Holiday Celebration!

Featuring VIP greetings from around the state, seasonal music, ballroom dancing, holiday vignettes celebrating diverse cultures and traditions and more of our favorite things!
### November 2020

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### WINTER RECIPE

**Winter Squash Soup**

**Step 1:** In heavy-bottomed sauce-pot, heat butter and oil on medium-low heat. Add onions and cook 10 minutes or until translucent, stirring occasionally.

**Step 2:** Add butternut squash, stock, pumpkin, 2 teaspoons salt, and 1/2 teaspoon pepper, heat to boiling on midium-high heat. Cover and simmer on medium-low heat for 20 minutes or until squash is very tender, stirring occasionally. Process mixture with hand blender until smooth (or put through food nill and return to pot).

**Step 3:** Add half-and-half to soup; heat slowly. Serve with garnishes, if using.

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**Source:** CountryLiving October / 2013
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**Winter Wonderland Word Search**

- Sledding
- Snowball
- Snowfall
- Hot Chocolate
- Frozen
- Blizzard
- Wonderland
- Skating
- Snowflake
- Skiing
- Nippy
- Winter
- Icicle
- Frosty
- Glisten

L O K I L L A B W O N S T E
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