Programs, Events and Community Wellness

All programs require registration.
To sign up, e-mail: shermanseniorcenter@gmail.com

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**Pizza and Therapy Programs (Nov 2 at 12pm)**
Enjoy some pizza and learn about home occupational therapy company Restore Mobile Therapy and Synergy Homecare who will present on both of their businesses. Pizza will be provided.

**AAA Defensive Driving Course (November 5, 9am -1pm)**
The AAA Driver Improvement Program is a free four-hour classroom course that reviews the basics of defensive driving and updates participants on current driving practices. Connecticut drivers 60 and older who complete the program qualify for a minimum 5% discount on their auto insurance.

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**Poison Control in the Senior Home (November 9 at 12pm)**
Learn about the Poison Control Center and Prevention of accidental poisonings among seniors as well as how to protect your grandchildren.

**Veteran’s Breakfast (November 19 at 9am, Charter Hall)**
Please join us for an informative Veteran’s breakfast. Please RSVP to Lisa Rey at: sherman-swassist@gmail or Tel. 860-354-2414 ext. 2

**Music with Lumos (November 30 at 1:15 pm)**
“Susie and Al” will entertain us with their unique and sweet music. Refreshments served.

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**Nurse Talk (November 17, 10am)**
Join RVNA Health Nurse Jill with a humorous presentation on How to survive our family holiday events!

**Holiday Glamour portraits (November 29, 10am-12pm)**
Sign up for an appointment for a free holiday photo to share with friends and family.

**Exploring the Deep (December 1 at 10am)**
Come join Capt. Breezy Grenier, as she shares her experiences from her latest expedition to 2,000 ft deep, off the coast of Honduras. Learn how a collective group of explorers were able to make history, being the first to tag a Sixgill shark at depth, and about the technology they used to explore the surrounding coral reefs and what else they discovered!

**Holiday Art Therapy (December 6 at 10am)**
Join RVNAHealth’s Jill Hart Exploring art therapy as a way to deal with emotions associated with anxiety or depression. No art skills required as we put paint to canvas and learn a few techniques!

**Super Senior Trivia December 16 at 11**
Join Connie Mahoney from Oasis Senior Advisors and Kay from Synergy who will form teams from the attendees, ask questions from the 50s, 60s and 70s and award prizes for the Top 3 teams.

**Mindfulness and Meditation with Jackie December 17 at 11am**
Jackie Brady’s approach to healing and growth is to help clients identify strengths, reflect on what matters most in life, relax through imagery.

**Holiday Floral Arrangements December 21 at 12pm**
Melissa from Candlewood Valley will be hosting this lovely event.
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.
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!

WINTER PREPARATION CHECKLIST

1st Monday:
Danbury Fair Mall and Trader Joe’s

3rd Monday:
TJMaxx, Big Lots, lunch out

Tuesday:
Senior Dine at American Pie
9:30AM
IGA, PO, Bank
(shorter shopping day)

Wednesday:
Big Y, Aldi, Stop and Shop/Walmart/Dollar Store
(longer day)

Holiday Word Search

TOGETHERNESS	FAMILY
THANKSGIVING	PARTY SLED
SNOWFLAKES	TOYS
CELEBRATE	PIE
TRADITION	HANUKKAH
CHRISTMAS	REINDEER
KWANZAA	LIGHTS
GOODWILL	FIR
CANDLES
WINTER
TURKEY
SPIRIT
# November 2021

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<th>Sun</th>
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| 1   | 9am Walking Group  
9:30 am Senior Dine  
Breakfast at American Pie  
Trip: Danbury Mall  
11-1 Pinochle Club | 2   | Election Day  
9:30am Senior Dine  
Breakfast at American Pie  
11am Chair Yoga  
12pm Program and Pizza  
Senior Meal Home  
Delivery American Pie | 3   | 9am Walking Group  
Senior Meal Home Delivery IGA  
11-1 Pinochle Club  
Shopping Trip to New Milford | 4   | 10am Exercise Club  
11am Boomwackers  
Senior Meal Home Delivery IGA  
Senior Meal Home Delivery American Pie | 5   | 9am-1pm AAA Defensive Driving Course  
Senior Meal Home Delivery IGA |
| 8 Daylight Saving Time Ends | 6   | 7   | 8   | 9   | 11 Veterans Day  
Senior Meal Home Delivery IGA  
Office Closed | 12  | 9am Walking Group  
Senior Meal Home Delivery IGA  
10am Tai Chi for Beginners |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

November Birthdays:  
Melinda Albert • Lisa Cilio • Thomas Worden • Marilyn Rios • Barbara Hoag • Brian Redmond • Ches Plemmons
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<td><strong>Walking Group</strong></td>
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<td><strong>Shopping Trip to New Milford</strong></td>
<td><strong>Exploring the Deep with Brezzy</strong></td>
<td><strong>Pinochle Club</strong></td>
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<td><strong>Tai Chi for Beginners</strong></td>
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**December Birthdays:** Heidi Schulta, Allan Ostergren, Debbie Thorp, Jill Finch, Maria Stark, Barbara Dallas