Winter Zoom programs
To sign up, e-mail: shermanseniorcenter@gmail.com

**US History**
Jan 8, 2:00PM with Jared Day

**Chair Yoga on Zoom**
Wednesdays at 10am
Join the fun! Classes will be Wednesday at 10am online with LARA WARD, Founder & Director of Lotus Gardens, LLC. There is no cost for the class for Sherman residents 60+.

**How to Go in the Ice & Snow (Zoom)**
Tuesday, January 12 at 12pm
In bad weather, sometimes we “forget” how to drive. Preparing your car and yourself are key before hitting the road in bad weather.

**The History of License Plates**
Thursday, January 14 at 12:00pm
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. Join us for a very brief look at our license plate history, ending with a fun game involving.

**Name that Tune and Sing Along (Zoom)**
Jan 20, 2:30PM

**Raptors of CT (Zoom)**
Jan 23, 2-3:00 pm
Presented by Joe Attwater.
Hi. My name is Lynne Gomez and I have taken the position of Director of Social Services, starting Dec. 7, 2020. (I would not say I’m replacing Beth Trott, because she is irreplaceable!) Beth has retired and moved to New Hampshire with her husband, Jay. Some of you may remember me from my time working as an assistant to Suzette at the Senior Center and as an assistant to Beth in Social Services starting in 2013. Beth and Suzette welcomed me and inspired me. I owe a lot to their encouragement to go back to school. I just got my Master’s of Social Work from Fordham University (class of 2020) and passed my licensing exam in August. I am thrilled to be working in Sherman again. We will all miss Beth’s vast expertise and experience, her compassionate heart of a social worker and her laugh. I was lucky to be trained by Beth over the years. Our loss is New Hampshire’s gain.

Sherman Social Services will be staffed by me and Lisa Rey, our social services assistant and veterans representative. Together we are ready to serve the needs of the people of Sherman. We can both be reached at Sherman Social Services, 860-354-2414, ext. 2.

Thank You Beth and Welcome Lynne

Take Control of Your Health

6 STEPS TO PREVENT A FALL
Many falls are preventable. Stay safe with these tips!

- Find a good balance and exercise program
  Look to build balance, strength, and flexibility

- Talk to your health care provider
  Ask for an assessment of your risk of falling

- Regularly review your medications with your doctor or pharmacist
  Make sure side effects aren’t increasing your risk of falling

- Get your vision and hearing checked annually and update your eyeglasses
  Your eyes and ears are key to keeping you on your feet

- Keep your home safe
  Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

- Talk to your family members
  Enlist their support in taking simple steps to stay safe.

Winter Word Search

snowflake mittens fireplace
flannel chill sweater
icicle skiing sleds
cocoa skates
evergreen quilt

Sherman is Preparing for the Arrival of the COVID Vaccine

Right now social services is taking names of people who have a vulnerable health condition that would allow them to take an early phase vaccine. Forms are available by calling Social Services at 860-354-2414, ext. 2.
COZY RECIPE

Creamy Seafood Chowder

1/4 C. Butter
1 medium onion, diced
1 tsp. old bay seasoning
1/4 tsp. thyme
1 stalk celery, sliced
1 carrot, sliced
1 lb. potatoes, cubed
1/2 C. corn
5 C. broth (seafood or chicken)
1/2 C. white wine
8 oz. white fish chunks
8 oz. scallops
12 oz. shrimp, peeled and deveined
6.5 oz. chopped clams, canned, drained
2 C. heavy cream
1 Tbsp. parsley

Step 1: Cook onion in butter until tender. Add flour, Old Bay seasoning and thyme and cool 2-3 min.
Step 2: Add carrot, celery, potato, corn, broth and wine & bring to a boil. Reduce heat and simmer 10 min.
Step 3: Stir in seafood and cream. Cook until fish is fully cooked and flaky and potatoes are tender, about 8-10 min.
Step 4: Stir in parsley and season with salt and pepper to taste.

Source: www.spendwithpennies.com

January 2021

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<td>January Birthday: Evelyn O’Brien • Janet Campbell • Gertrud Berger Christine Gallucci • Tilly Jellen</td>
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## February 2021

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<td>2 <strong>Groundhog Day</strong> Senior Dine Delivery</td>
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<td><strong>February Birthday:</strong> Mike Crawford • Nancy Giddings • Rosemary O'Connell • Neng Gao • Gary Albert • Ernie Dech</td>
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