

# Sherman Senior Center

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WEBSITE: [www.townofshermanct.org](http://www.townofshermanct.org) • EMAIL: [shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

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### Commission on Aging

Dr. Juan Garcia, MD  
Ed Hayes • Sheila McMahan  
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.

# ROAD TRIP!

**Celebrate Italia!!**  
July 12, 11am AquaTurf \$50

**Guys and Dolls**  
August 11, 2pm  
at Sharon Playhouse \$25

**Shear Madness**  
September 8, 2pm  
at Sharon Playhouse \$25

## Programs, Events and Community Wellness

All programs require registration. To sign up, e-mail: [shermanseniorcenter@gmail.com](mailto:shermanseniorcenter@gmail.com)

### Charm Bracelet Workshop: May 3, 12PM

Learn the art of making your own custom jewelry. Sponsored by CVHR

### Homemade salsa/Gazpacho! Cooking Class:

**May 9 at 11AM** This recipe is perfect for those fresh tomatoes and with a few small tweaks can go from a salsa to gazpacho to fit any occasion!

**iPhone Photography Class: May 10 at 12PM** Max England, local pet photographer will demonstrate some of the techniques to improve your pictures. He will discuss lighting, composition, how to print your photos and settings on your camera lens. Learn how to tell a story with your photos.

**Brain Health: May 17 at 12PM** Brain health refers to how well a person's brain functions, including cognitively, with motor skills, emotionally and tactilely. Brain health can be affected by age related changes, injuries, depression, and diseases such as Alzheimer's. Some factors cannot be changed but there are lifestyle changes that might make a difference. Join us to strengthen your brain health. Donna Crane, RN RVNAhealth

### Man Called Ove: May 17 at 1PM and May 24 at 12PM

Join us for a book discussion. (bring your lunch) Books are available at the Sherman Senior Center.

### Lunch and Learn, What the Heck is a Trust and Do I Need One? May 25th, 11AM – 12PM

Our presenter will be Lynda Arnold LL.M. (Master of Laws) who will explain how trusts are created, explain the different types of trusts, and go over who you should choose to participate. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage.

### AAA Driver Improvement Program: May 27, 9AM - 1 PM

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.

**Getting your zzzz's: June 7 at 12PM** There are many things that can leave you counting sheep at night. Learn about insomnia, sleep apnea and other sleep disorders and leave with tips on how to fall asleep and sleep better. Donna Crane, RN RVNAhealth

### Roger Sherman Presentation: June 9 at 11AM

Join John Jenner in a fascinating program about Sherman's own "Founding father."

### Herbs and Spices Cooking Class: June 13, 11AM

In honor of Herb and Spices Day, we will learn the many nutritional and health benefits of incorporating fresh herbs and spices into your diet! We will learn which herbs provide the most nutritional benefit and how to easily add them into meals we are already enjoying!

### Resin Jewelry: June 14 at 12:30PM

Resin is a liquid plastic that becomes a solid following a chemical exothermic reaction. Join Phyllis Schaer as we craft some creative pieces.

**Mindfulness and Meditation with Jackie: June 17 at 11AM** Jackie Brady's approach to healing and growth is to help clients identify strengths, reflect on what matters most in life, find practical solutions to problems, relax through imagery and breath and cultivate mindful awareness and compassion.

**Healthy Joints: June 21 at 12PM** Injury or disease can cause damage to your joints, causing pain that can interfere with everyday activities. Luckily, there are things you can do to protect your joints and improve your overall joint health. Donna Crane, RN RVNAhealth

### Bingo with CVHR: June 28 at 12PM

Join Nicole Believe from Candlewood Valley Health and Rehab with a fun game of Bingo and prizes.

# Summer Activities for Seniors



**Research shows** that spending time in nature has immense benefits for your mind and mood, which is even more reason to get outside and savour the sunshine!

Looking for activities that you can do outdoors this summer?

Here are a few ideas:

- **Read in nature**  
Suggest your book club move outdoors while the weather is still nice — can be wonderful way to unwind
- **Practice chair yoga outside**  
Practice yoga in nature, and you can experience even greater benefits to your mind, body and overall health and mood
- **Garden**  
Gardening is a great way to relax and enjoy some light physical activity. Flowers are at their most colorful and vibrant during the summer, and their wonderful fragrance fills the air. Before heading outside, just make sure you slather on the sunscreen, don a wide-brimmed hat to protect yourself from the sun and grab a pair of sturdy gardening gloves
- **Join a walking club**  
Strengthen your muscles and bones, keep your heart healthy and enjoy the mood-lifting benefits of nature by joining walking club

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O	I	C	T	V	U	N	T	W	O	B	F	U	H
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## Spring/Summer Word Search

- HERBS
- BASKET
- FARM
- ADVENTURE
- HARMONY
- PICNIC
- DUCKLING
- FLOWER
- BLOSSOM
- SEEDLING
- EARTH
- LADYBUG
- RAINBOW
- OUTDOORS
- BUTTERFLY
- COOKOUTS


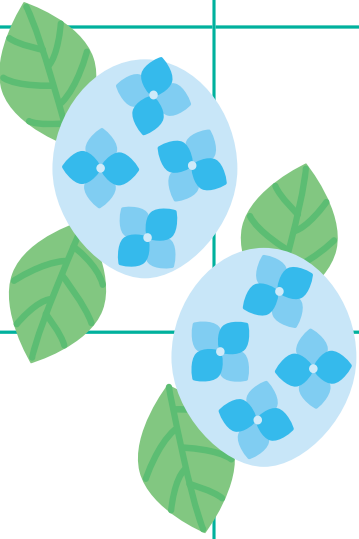


# MAY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	2 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club Trip: Danbury Mall	3 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Charm Bracelet Workshop	4 9am Walking Group 12pm Luncheon 12:30pm Birthday Cake Celebrate May Birthdays! 1-3pm Pinochle Club Shopping Trip: New Milford	5 <b>Cinco De Mayo</b> 10am Exercise Club 11am Boomwackers Senior Meal Delivery 1-3pm Bridge Club	6 9am Walking Group 10am Tai Chi for Beginners 10:30-1pm Tech Help Appointments	7
<b>8</b> <b>Mother's Day</b>	9 9:30am Senior Dine 11am Cooking Class 12pm Blood Pressure Clinic 1-3pm Pinochle Club	10 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Using your iPhone to take good photos	11 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	12 10am Exercise Club 11am Memoir Demo Senior Meal Delivery 1-3pm Bridge Club	13 9am Walking Group 10-12pm Reach Out Training Event 1-2pm Housatonic Prostate Court Judge Martin Landgrebe	14
<b>15</b>	16 9:30am Senior Dine Trip: ShopRite and Burlington, Chinese Buffet for lunch 1-3pm Pinochle Club	17 9:30am Senior Dine Senior Meal Delivery No Chair Yoga 12pm Brain Health 1pm Book Discussion: <i>Man Called Ove</i> by Fredrik Backman	18 9am Walking Group 12pm International Potluck and Farewell to Lisa 1-3pm Pinochle Club Shopping Trip: New Milford	19 10am Exercise Club 11am Crafts with Jodi Senior Meal Delivery 1-3pm Bridge Club	20 9am Walking Group 10am Tai Chi for Beginners	21
<b>22</b>	23 9:30am Senior Dine Senior Meal Delivery 1-3pm Pinochle Club	24 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Movie: <b>Man Called Ove</b> - bring your lunch	25 9am Walking Group 11am Lunch and Learn Trusts - Atty Arnold 1-3pm Pinochle Club Shopping Trip: New Milford	26 10am Exercise Club Senior Meal Delivery 1-3pm Bridge Club	27 9am Walking Group	28
<b>29</b>	30 <b>Memorial Day</b> <b>Office Closed</b>	31 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Bingo 1:15 Music	1	3	4	4



# JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 	31	1 9am Walking Group 12pm Luncheon 12:30pm Birthday Cake Celebrate June Birthdays! 1-3pm Pinochle Club Shopping Trip: New Milford	2 10am Exercise Club 11am Boomwackers Senior Meal Delivery 1-3pm Bridge Club	3 9am Walking Group 10am Tai Chi for Beginners 10:30 - 1pm Tech Help Appointments	4
5	6 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club	7 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Getting Your ZZZZs	8 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	9 10am Exercise Club 11am Roger Sherman Program Senior Meal Delivery 1-3pm Bridge Club	10 9am Walking Group 1-2pm Housatonic Probate Court Judge Martin Landgrebe	11
12	13 9:30am Senior Dine 11am Cooking Class 12pm Blood Pressure Clinic 1-3pm Pinochle Club	14 <b>Flag Day</b> 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12:30pm Resin Jewelry Class	15 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	16 10am Exercise Club 11am Crafts with Jodi Senior Meal Delivery 1-3pm Bridge Club	17 9am Walking Group 10am Tai Chi for Beginners 11am Mindfulness and Meditation with Jackie	18
19	20 9am Walking Group 9:30am Senior Dine Trip: TJ Maxx, Goodwill & Lunch out 1-3pm Pinochle Club	21 <b>Start of Summer</b> 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Healthy Joints	22 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	23 10am Exercise Club	24 9am Walking Group	25
26	27 9:30am Senior Dine Senior Meal Delivery 1-3pm Pinochle Club	28 9:30am Senior Dine Senior Meal Delivery 11am Chair Yoga 12pm Bingo (CVHR) 12:15pm Music	29 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	30 10am Exercise Club Senior Meal Delivery 1-3pm Bridge Club		
<p>June Birthdays: Leslie Auer • Janet Wey • Karen Dech • Betty Biro • Al Burkhardt • Charlotte Maher • Peter Sieber • Christine Engel • Willy Knaak</p>						