

# Sherman Senior Center

Newsletter • Volume 30 • Number 13 • March/April 2023

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

## HELPFUL CONTACTS

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### Commission on Aging

Dr. Juan Garcia, MD  
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Carol Sperling

**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.

## St. Patrick's Day

Live music with Dan Swartz  
Troubadour, a vocalist  
and a guitar player.

**March 17 at 1pm**

Enjoy some tasty Irish Soda Bread  
and some Irish tunes we all  
know and recognize.

Transportation will  
be available.



## Programs, Events and Community Wellness

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

### Matthew's Hearts of Hope (March 7 at 12pm)

We need volunteers to help finish sewing the heart pillows for children in the heart ward at Columbia Presbyterian Hospital. This is simple sewing!

### Pickleball (March 7, 2:15-3:15pm)

We will have an introduction and demonstration from some middle school students in the gymnasium and then the seniors will be able to give it a try!!! Please wear sneakers!

### Beating Osteoporosis with Targeted Nutrition (March 13 at 11am)

Join RVNAhealth Registered Dietitian Monica Marcello, MS, RD, CDN as she highlights how food, nutrition, and appropriate supplementation can help to prevent and improve Osteoporosis. We will enjoy a quick prune crumble.

### Afternoon Tea (March 16 at 2pm)

Join us on a visit to Keystone Place at Wooster Heights. We will enjoy tea with teapots and china cups, scones and deserts, fun and music. With thanks to Kay Schreiber from SYNERGY HomeCare for her help setting up this event and Gratitude to Keystone Place for their hospitality. Transportation Provided.

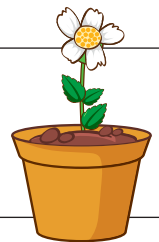


### Discussion Group (March 23 and April 13 at noon)

With Pat Endress and Monica Garay continued. Your voice matters! Let it be heard by discussing your concerns and hope for the future by preparing a letter to Congress. Monica will take your thoughts & ideas and draft a letter that will be mailed on behalf of the Sherman Seniors. The time is now!

### Planting Craft (March 30 at noon)

Join WCSU Intern Monica Garay for a relaxing hour of seed planting. Seeds and planters will be provided and you can take your plant home to watch it grow. Go ahead and get your hands dirty!



### White House Butler Presentation (April 18 at 3pm)

Have you ever imagined what it would be like to attend a Presidential function at the White House? How about a State Dinner? Have you ever wondered what the Family Quarters of the White House look like? Well, former White House butler Alan DeValerio will tell you all about it! He'll give you the inside details about all the preparations involved in White House entertaining, and how it has evolved over the years from FDR to the present.

### Special Events Game Day (April 21 at 11am)

With WCSU Intern Monica Garay. Board games are anything but boring! Scrabble, Family Feud, Monopoly, and a variety of other games will be available to play. Recall old memories and enjoy making some new ones!

### Trivia Time (April 27 at noon)

Test your knowledge with Intern Monica Garay. Game design & questions will be created by Monica. Players will be eliminated by round. Will you win 3rd prize, maybe 2nd? Or will you be the one to win our super special GRAND PRIZE?! Come play along or cheer on a friend!

### Sock Bunnies Craft (April 24 at 12pm)

Join us when we make these adorable sock bunnies.

## March Event

### Live Irish Music March 17 at 1pm

Come and enjoy an afternoon of celebrating all things Irish for St. Patrick's Day with Dan Swartz. Dan is a troubadour, a vocalist and a guitar player. Originally from Boston, he has been active in community theater, performs for seniors at several venues and stays busy performing. Dan performs as the lead vocalist for Bob Button's Big Band. He is also a member of a pop rock group called Kismet. His program today will include all of those Irish tunes we all know and recognize.

Of course, including "Irish Eyes" and "Danny Boy".


Come and enjoy an afternoon of celebrating all things Irish for St. Patrick's Day, Sponsored by SYNERGY HomeCare and The Sherman Senior Center. Coffee, Tea and Irish Soda Bread for Refreshments. Transportation provided.



### Armchair Travel Ireland

Sherman Senior Center  
12:00pm, March 21, 2023



 Virtually explore and learn about rich culture and history of Ireland

 Shamrock Pin Craft

 **Candlewood Valley**  
HEALTH AND REHABILITATION CENTER

## New Intern

This spring we welcome Western Connecticut State University Intern, Monica Garay. Monica is currently working on getting her BSW, Bachelor's of Social work and will be graduating from Western in 2024. Please join us at the center for these events planned for the months of March and April 2023.



## Shopping Trips

### New Milford Shopping Trip

Every Wednesday.

Join us on our weekly shopping to New Milford. Some of the stores we visit are Walmart, Dollar Store, Stop and Shop, Aldi's, and Big Y.

### Danbury Mall, Christmas Tree Shop, Trader Joe's with lunch out

First Monday of the Month

### TJ Maxx/Goodwill

Third Monday of the Month.  
Lunch out.



**Reserve your ride 2 days prior!!**

## Spring Word Search

H N B O N N E T H C  
S Y B C L O V E R H  
E L A U R A I N M I  
E E R C N S F Y B R  
D R O B I N S R X P  
S M P I C N I C S I  
G A R D E N T E A N  
F L O W E R S H S G  
L A D Y B U G S B M  
M B L O S S O M S J

- LADYBUGS
- PICNICS
- BONNET
- CLOVER
- HYACINTH
- CHIRPING
- GARDEN
- ROBINS
- BUNNIES
- BLOSSOMS
- FLOWERS

SEEDS  
RAIN



# MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>5</b> 6 9am Walking Group 9:30am Senior Dine <b>Trip: Danbury Mall</b> <b>1-3pm Pinochle Club</b>	<b>12</b> 13 9am Walking Group 9:30am Senior Dine <b>11am Cooking with Monica</b> <b>1-3pm Pinochle Club</b>	<b>19</b> 20 9am Walking Group 9:30am Senior Dine <b>Trip: TJ Maxx, Good Will &amp; Lunch Out</b> <b>1-3pm Pinochle Club</b>	<b>1</b> <b>11:30am Blood Pressure Clinic</b> <b>12pm Luncheon</b> <b>12:30pm Birthday Cake to Celebrate March Birthdays!</b> <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	<b>2</b> <b>11am Exercise Club</b> <b>12pm Boomwhackers</b> <b>1-3pm Bridge Club</b>	<b>3</b> 9am Walking Group <b>10am Tai Chi for Beginners</b> <b>10:30-1pm Tech Help Appointments</b>	<b>4</b>  10 9am Walking Group <b>11am Wii Bowling</b> <b>1-2pm Housatonic Probate Court Judge Martin Landgrebe</b>
<b>12</b> 13 9am Walking Group 9:30am Senior Dine <b>11am Cooking with Monica</b> <b>1-3pm Pinochle Club</b>	<b>7</b> 9:30am Senior Dine <b>11am Chair Yoga</b> <b>12pm Pillow Sewing for Matthew Hearts of Hope</b> <b>2:15pm Pickleball intro at Sherman School</b>	<b>14</b> No Senior Dine <b>11am Chair Yoga</b> <b>12pm Coffee and Coloring</b> <b>Trip: Aqua Turf Club St. Patrick's Day Celebration!! (Cost \$52)</b>	<b>8</b> 9am Walking Group <b>12pm Luncheon</b> <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	<b>9</b> <b>11am Exercise Club</b> with Physical Therapist Gigi Weiss <b>1-3pm Bridge Club</b> <b>2:15pm Tech Support/ Water Color at Sherman School</b>	<b>10</b> 9am Walking Group <b>11am Wii Bowling</b> <b>1-2pm Housatonic Probate Court Judge Martin Landgrebe</b>	<b>11</b>  17 <b>1pm Live Irish Music</b>
<b>19</b> 20 9am Walking Group 9:30am Senior Dine <b>Trip: TJ Maxx, Good Will &amp; Lunch Out</b> <b>1-3pm Pinochle Club</b>	<b>21</b> 9:30am Senior Dine <b>11am Chair Yoga</b> <b>12pm Armchair Travel: Ireland</b>	<b>22</b> 9am Walking Group <b>12pm Luncheon</b> <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	<b>22</b> 9am Walking Group <b>12pm Luncheon</b> <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	<b>23</b> <b>11am Exercise Club</b> <b>12pm Discussion Group</b> <b>Topic: "Is the Constitution still valid?"</b> <b>1-3pm Bridge Club</b>	<b>24</b> 9am Walking Group <b>10am Tai Chi for Beginners</b> <b>2:15pm Music / Yoga at Sherman School</b>	<b>25</b>  31 9am Walking Group <b>11am Cornhole Game</b>
<b>26</b> 27 9am Walking Group 9:30am Senior Dine <b>1-3pm Pinochle Club</b>	<b>28</b> 9:30am Senior Dine <b>11am Chair Yoga</b> <b>12pm Bingo</b> <b>1:15pm Live Music</b>	<b>29</b> 9am Walking Group <b>12pm Luncheon</b> <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	<b>30</b> <b>11am Exercise Club</b> <b>12pm Planting Craft</b> <b>1-3pm Bridge Club</b>	<b>30</b> <b>11am Exercise Club</b> <b>12pm Planting Craft</b> <b>1-3pm Bridge Club</b>	<b>31</b> 9am Walking Group <b>11am Cornhole Game</b>	

March Birthdays: Nelda S. • Maureen W. • Brigitte D. • Frank L. • Bob B.

# APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9am Walking Group 9:30am Senior Dine <b>Trip: Danbury Mall</b> 1-3pm Pinochle Club	4 9:30am Senior Dine <b>11am Chair Yoga</b> 12pm Lunch and Crepes and Games with local Scouts	5 11:30am Blood Pressure Clinic 12pm Luncheon 12:30pm Birthday Cake to Celebrate April Birthdays!! 1-3pm Pinochle Club <b>Shopping Trip: New Milford</b>	6 11am Exercise Club 12pm Boomwhackers 1-3pm Bridge Club	7 Office Closed	8 
9	10 Office Closed	11 9:30am Senior Dine <b>11am Chair Yoga</b> 12pm Coffee and Coloring	12 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club <b>Shopping Trip: New Milford</b>	13 11am Exercise Club 12pm Discussion Group Topic TBA 1-3pm Bridge Club	14 10:30am Tech Help Appointments 1-2pm Housatonic Probate Court Judge Martin Landgrebe	15
16	17 9am Walking Group 9:30am Senior Dine <b>Trip: TJ Maxx, Good Will &amp; lunch out</b> 1-3pm Pinochle Club	18 9:30am Senior Dine <b>11am Chair Yoga</b> 3pm White House Butler	19 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club <b>Shopping Trip: New Milford</b>	20 11am Exercise Club 12pm Craft with Jodi 1-3pm Bridge Club	21 9am Walking Group <b>10am Tai Chi for Beginners</b> 11am Special Event Game Day	22
23	24 9am Walking Group 9:30am Senior Dine 12pm Sock Bunnies Craft 1-3pm Pinochle Club	25 9:30am Senior Dine <b>11am Chair Yoga</b> 12pm Bingo 1:15pm Live Music	26 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club <b>Shopping Trip: New Milford</b>	27 11am Exercise Club <b>12pm Trivia</b> 1-3pm Bridge Club	28 9am Walking Group <b>9am-1pm AARP Safe Drive Class</b>	29
30	 1-3pm Pinochle Club					

April Birthdays: Sakiko H. • Robbyn G. • Loes O. • Monty C. • Karen A. • Evangeline Z. • Al B.