

# Sherman Senior Center

Newsletter • Volume 34 • Number 17 • November/December 2023

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

## HELPFUL CONTACTS

### Coordinator

Suzette Berger  
860-354-2414, ext.1

[seniorcenter@townofshermanct.org](mailto:seniorcenter@townofshermanct.org)

### Senior Center Staff

Sue Moore  
Carolyn Decker  
Bob Reiling  
Azuma Andos

### FISH

860-355-4334

### Director of Social Services

Lynne Gomez, LMSW  
860-354-2414, ext.2

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### Commission on Aging

Dr. Juan Garcia, MD  
Ed Hayes • Sheila McMahon  
Jean McRoberts • Janet Wey  
Rick Hudson • Lynda Lee Arnold  
Meredith Kroeger • 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.

TIME TO  
Celebrate

## Senior Thanksgiving Luncheon

Thursday, November 16, 1:30 pm  
Sherman School Cafeteria



## Sherman Senior Center Holiday Party

December 15, 2023, 12:00pm  
Jim Barbarie's

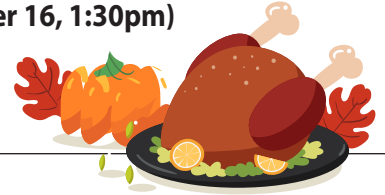
## Programs, Events and Community Wellness

All programs require registration. To sign up, e-mail: [seniorcenter@townofshermanct.org](mailto:seniorcenter@townofshermanct.org)

### TRIPS AND EVENTS

#### SPTO Thanksgiving Luncheon (Thursday, November 16, 1:30pm)

Enjoy this popular town event. Delicious turkey, mashed potatoes, stuffing, yams and don't forget all those homemade pies! You must RSVP. Free



#### Drawing Class (Thursday, November 30, 2:30pm)

Join an art class at Sherman School. Transportation provided. Free

#### Historical Society Tour (December 12, 11:45am)

Enjoy a private tour of the Sherman Historical Society's winter exhibit. Free

#### Holiday Party (Friday, December 15, 12:00 pm)

Join us at Jim Barbarie's for the Sherman Senior Center Annual Holiday Party with music and friends including a Sing-along. Limited transportation available so call early! Cost is \$30.



#### Holiday Lights Tour (December 19)

We will dine out and tour the beautiful NM Green and several decorated neighborhoods including our Sherman favorites. Free.



### ACTIVITIES

#### Holiday Sweater Craft (November 13, 11:00am)

Create your own holiday sweater with Jane Schipul and Lindy Conlin. Free

#### Holiday Wreath Workshop (December 1, 11:00am)

"Come decorate a fresh holiday wreath with live greenery." Great Hollow at the senior center. Cost \$25



#### Oyster Shell Santas (December 11, 12:00pm)

Craft hosted by Jane and Lindy. Free

#### Hanukkah and Holiday Dance and Song (December 14, 12pm)

Join Robbyn German and some try some easy dance moves to celebrate the holidays. Free.



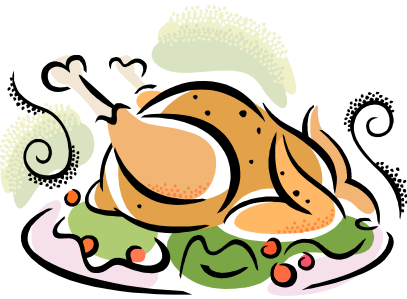
### WELLNESS

#### Know your Numbers (November 27, 11:00am-1:00pm)

Wellness Check Appointments with RVNA Health nurses. Let's get your health back on track. Nurses will check your blood pressure, cholesterol, blood sugar, BMI and blood oxygen levels so you can resume your path to wellness. Sign up for your appointment. Free

# Senior Thanksgiving Luncheon

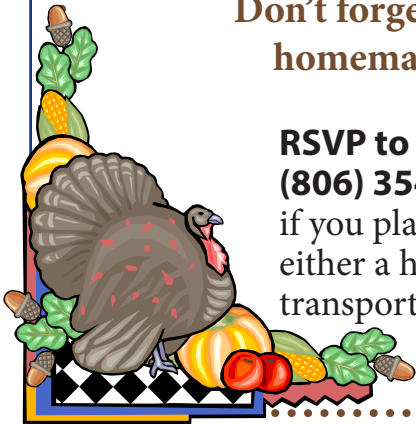
Thursday, November 16, 1:30 PM  
Sherman School Cafeteria



Enjoy this yearly favorite...  
Delicious turkey dinner, mashed potatoes, stuffing, yams and more.

Don't forget all those  
homemade pies!

RSVP to the Senior Center  
(806) 354-2414 ext. 1  
if you plan to attend or need  
either a homebound meal or  
transportation.



## SHERMAN SENIOR BUS SCHEDULE

- 1st Monday: Danbury Fair Mall and Trader Joe's
- 3rd Monday: TJ Maxx, Big Lots, lunch out
- Tuesday: Senior Dine at American Pie 9:30AM  
Exercise Club 11AM  
Bank, Town Hall, Library, IGA  
(shorter shopping day)
- Wednesday: Lunch at Senior Center 12PM  
Shopping: New Milford (longer day)
- Thursday: Chair Yoga 11am
- Friday: Tai Chi/Wii Bowling/Cornhole

# Sherman Senior Center Holiday Party



December 15, 2023, 12:00 PM

Join the holiday fun  
at Jim Barbarie's!

**Food, Music, Door Prizes**

Entrée Choices: Sliced Sirloin Steak  
(Cabernet Demi-Glaze, Sautéed Onions),  
Chicken Marsala (Mushrooms, Marsala  
Wine Demi-Glaze), or Stuffed  
Tilapia (Crab Meat Stuffing &  
Champagne Beurre Blanc Sauce)

**Cost is \$30** and includes: Salad, Entrée,  
Dessert, Coffee, and Tax & Tip, other  
Beverages are extra.

Please RSVP with entrée choice  
by December 8, 2023,  
to Senior Center 860.354.2414 ext 1  
or email:  
[seniorcenter@townofshermanct.org](mailto:seniorcenter@townofshermanct.org)

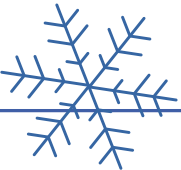





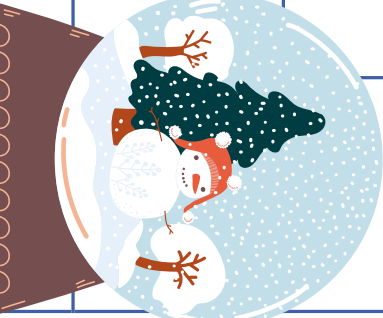
**Limited Transportation available  
so sign up early!**

# NOVEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 11:30am Blood Pressure Clinic</p> <p>12pm Luncheon</p> <p>12:30pm Birthday Cake to Celebrate Nov. Birthdays!</p> <p>1-3pm Pinochle Club</p> <p>Shopping Trip to New Milford</p>	<p>2 11am Chair Yoga</p> <p>12pm Boomwhackers</p> <p>1-3pm Bridge Club</p>	<p>3 9am Walking Group</p> <p>10am Tai Chi for Beginners</p> <p>10:30am-1pm Tech Help Appointments</p> <p></p>	4
5	<p>6 9am Walking Group</p> <p>9:30am Senior Dine</p> <p>Trip: Danbury Mall</p> <p>1-3pm Pinochle Club</p> <p>1-3pm Bridge Club</p>	<p>7 9:30am Senior Dine</p> <p>11am Exercise Club</p> <p>12:00pm Brain Games</p>	<p>8 9am Walking Group</p> <p>12pm Luncheon</p> <p>1-3pm Pinochle Club</p> <p>Shopping Trip: New Milford</p>	<p>9 11am Chair Yoga</p> <p>1-3pm Bridge Club</p> <p></p>	<p>10 <b>Veteran's Day</b></p> <p><b>Office Closed</b></p>	11
12	<p>13 9am Walking Group</p> <p>9:30am Senior Dine</p> <p>11am Holiday Sweater Craft</p> <p>1-3pm Pinochle Club</p> <p>1-3pm Bridge Club</p> <p></p>	<p>14 9:30am Senior Dine</p> <p>11am Exercise Club with Physical Therapist Stacie</p> <p>12pm Craft with Jodi</p>	<p>15 9am Walking Group</p> <p>12pm Luncheon</p> <p>1-3pm Pinochle Club</p> <p>Shopping Trip: New Milford</p>	<p>16 11am Chair Yoga</p> <p><b>1:30pm SPTO</b></p> <p><b>Thanksgiving Luncheon</b></p>	<p>17 9am Walking Group</p> <p>11am Cornhole Game</p>	18
19	<p>20 9am Walking Group</p> <p>Trip: T J Maxx, GoodWill &amp; lunch out</p> <p>1-3pm Pinochle Club</p> <p>1-3pm Bridge Club</p>	<p>21</p> <p>11am Exercise Club</p> <p>12pm Decorate the Senior Center for the Holidays</p>	<p>22 9am Walking Group</p> <p>Shopping Trip: New Milford</p> <p><b>Office Closed at 12pm</b></p>	<p>23 <b>Thanksgiving</b></p> <p></p>	<p>24</p> <p><b>Office Closed</b></p>	25
26	<p>27 9am Walking Group</p> <p>9:30am Senior Dine</p> <p>11am-1pm Know your Numbers Appts</p> <p>1-3pm Pinochle Club</p> <p>1-3pm Bridge Club</p>	<p>28 9:30am Senior Dine</p> <p>11am Exercise Club</p> <p>12pm Bingo</p> <p>1:15pm Live Music</p>	<p>29 9am Walking Group</p> <p>12pm Luncheon</p> <p>1-3pm Pinochle Club</p> <p>Shopping Trip: New Milford</p>	<p>30 11am Chair Yoga</p> <p>1-3pm Bridge Club</p> <p>2:30pm Drawing Class at Sherman School</p>	<p></p>	

November Birthdays: Elaine B. • Lisa C. • Tom W. • Sue M. • Barbara H. • Kathy M. • Brian R.

# DECEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9am Walking Group 11am Holiday Wreath Workshop \$25 10:30am-1pm Tech Help Appointments	2
3	4 9am Walking Group 9:30am Senior Dine <b>Trip: Danbury Mall</b> 1-3pm Pinochle Club 1-3pm Bridge Club	5 9:30am Senior Dine <b>11am Exercise Club</b> 12pm Brain Games	6 <b>11:30am Blood Pressure Clinic</b> 12pm Luncheon 12:30pm Birthday Cake to Celebrate December Birthdays! 1-3pm Pinode Club <b>Shopping Trip to New Milford</b>	7 <b>11am Chair Yoga</b> 12pm Boomwhackers 1-3pm Bridge Club	8 9am Walking Group <b>11am Wii Bowling</b> 1-2pm Housatonic Probate Court Judge Martin Landgrebe	9
10	 11 9am Walking Group 9:30am Senior Dine <b>12pm Craft: Oyster Shell Santas</b> 1-3pm Pinochle Club 1-3pm Bridge Club	12 9:30am Senior Dine <b>11am Exercise Club</b> 11:45am Sherman Historical Society Holiday Tour	13 9am Walking Group 12pm Luncheon <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	 14 <b>11am Chair Yoga</b> 12pm Hanukkah and Holiday Dance and Song 1-3pm Bridge Club	 15 <b>Holiday Party</b> <b>12pm Jim Barbaries</b>	16
17	18 9am Walking Group 9:30am Senior Dine <b>Trip: T J Maxx, Goodwill &amp; Lunch Out</b> 1-3pm Pinochle Club 1-3pm Bridge Club	19 9:30am Senior Dine <b>11am Exercise Club</b> 12pm Craft with Jodi <b>Trip: Holiday Lights and Dinner Out</b>	20 9am Walking Group 12pm Luncheon <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	21 <b>11am Chair Yoga</b> 1-3pm Bridge Club	22 9am Walking Group <b>11am Cornhole Game</b>	23
24	25 <b>Office Closed</b> 	26 <b>11am Exercise Club</b> 12pm Bingo	27 9am Walking Group <b>1-3pm Pinochle Club</b> <b>Shopping Trip: New Milford</b>	28 <b>11am Chair Yoga</b> 1-3pm Bridge Club 	29 9am Walking Group <b>10am Tai Chi for Beginners</b>	
31 <b>New Year's Eve</b>						

December Birthdays: Barbara D. • Debbie T. • Mary Anne C. • Pat E. • Jackie M. • Maria S.