

Sherman Senior Center

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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.

LESSONS

Italian Class

 August 10, 13, 17, 20
12pm-1pm

Join Angela LeClerc, an Argentinian-born Sherman resident of Italian parents who recently returned from her travels in Italy. Angela will offer beginning Italian lessons while also sharing cultural stories, traditions, and experiences from Italy. **FREE**

Programs, Events and Community Wellness

All programs require registration. To sign up, e-mail: seniorcenter@ShermanCT.gov

ACTIVITIES AND PROGRAMS

Healthy Eating Out (July 9, 12pm) Judy Prager, RDN, CDN, LDN Nutrition Consultant. We all enjoy eating out with friends and family, but what happens when you need to watch your diet? Come and learn how to make healthful choices at restaurants while still staying healthy and enjoying your meal.



Eleanor Roosevelt (July 13, 11am) With Art Gottlieb. The longest serving First Lady of the United States, Anna Eleanor Roosevelt held the post from March 1933 April 1945 during her husband Franklin Roosevelt's four terms in office. Afterwards Mrs. Roosevelt served as United States Delegate to the United Nations General Assembly from 1945 to 1952.

Book Discussion (July 16, 12pm) A Spool of Blue Thread by Anne Tyler. Pick up your copy at the senior center.

Gel Printing (July 17, 11:30am) With Lisa Dawson. Come try this printing technique. It's not difficult but it can be unpredictable. We'll also be introducing foam printing which can be used in conjunction with gel plates or on its own for those who want a simpler option.



What's On Your Mind? (July 23, 12pm) A Forum with Anne Weisberg, Candidate for State Rep Thursday, July 23 at 12pm Anne Weisberg, a Sherman resident, is running for State Rep and wants to hear what is on the minds of seniors in Sherman. This interactive session is meant for you to get to know Anne and for Anne to get to know you and your concerns.

Tech Savvy Seniors (July 31 and August 7, 11:30 am)

Topic:: Using Your iPhone at a Doctor Appt. (July 31) and Calendar and Reminders on iPhone (August 7).

Come join Lindsey Burk of "Tech Savvy Seniors" the first hour will be a class focused on the iPhone user the 2nd hour will be available for individual appointments each month.

Hearing Screenings (August 7, 1pm) Sign up for an appointment. Anthony Malafronte of Hearing Life will be at the Sherman Senior Center on the First Friday of every other month offering free hearing screenings.



Painting Class (August 18, 12pm) Join us on painting experience with Rachael Stowe of Visiting Angels. She will sponsor a paint program. All are welcome, free.

SUMMER TRIPS

Summer Theater Trips Sharon Playhouse

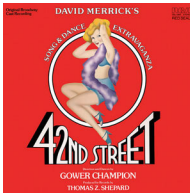


“Swingtime Canteen”

July 2, 2026

Join us for a lively summer theater outing. Swingtime Canteen is a high-energy musical salute to a team of women who lifted soldiers’ spirits during World War II, featuring beloved 1940s hits like “Don’t Sit Under the Apple Tree,” “I’ll Be Seeing You,” “Boogie Woogie Bugle Boy.”

Cost \$36 Limited space, sign up early.



“42 nd Street”

August 6, 2026

42nd Street is a classic backstage musical. It tells the story of young Peggy Sawyer, a small-town girl who becomes a Broadway star overnight, featuring iconic songs like “We’re in the Money” and “Lullaby of Broadway”.

Cost \$36 Limited space, sign up early.

SUMMER EVENT

Picnic at the Sherman Town Beach July 28, 11am-2pm



Join us for lots of summer fun including...

Corn Hole, Music, Bingo and more!

Senior Center will provide Watermelon, Iced Tea and Lemonade.

**Please call for transportation if needed.
RSVP if you are coming.**

SUMMER WORD SEARCH

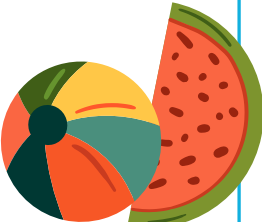

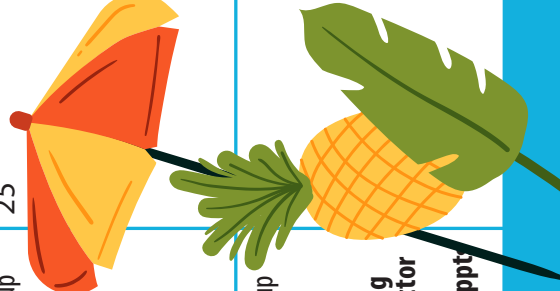

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beach
camping
garden
kayak
ocean
picnic
rose

surfing
sunflower
thunder
vacation
watermelon



JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am Walking Group 11:30am BP Luncheon 12:30pm Birthday Cake to Celebrate! 1-3pm Pinochle Club Shopping Trip: New Milford	2 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Trip: Sharon Playhouse "Swingtime Canteen"	3 Closed	4 Independence Day 
5	6 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	7 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	8 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	9 11am Chair Yoga 12pm Nutritionist Talk: Eating Healthy While Eating Out 1-3pm Bridge Club Local Shopping	10 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Judge Martin Landgrebe	11
12	13 9am Walking Group 9:30am Senior Dine 11am Talk: Eleanor Roosevelt 1-3pm Pinochle Club	14 9:30am Senior Dine 11am Exercise Club 12pm Craft with Jodi	15 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	16 11am Chair Yoga 12pm Book Discussion: A Spool of Blue Thread 1-3pm Bridge Club Local Shopping	17 9am Walking Group 10:30am Tai Chi 11:30am Art Class with Lisa: Gel and Foam Printing	18
19	20 9am Walking Group 9:30am Senior Dine 10am Medicare Workshop 1-3pm Pinochle Club	21 9:30am Senior Dine 11am Exercise Club 12pm Movie & Popcorn: (bring your own lunch)	22 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	23 11am Chair Yoga 12pm A Forum with Anne Weisberg 1-3pm Bridge Club Local Shopping	24 9am Walking Group 10:30am Tai Chi 11:30am Cornhole Game	25 
26 	27 9am Walking Group 9:30am Senior Dine Trip: ShopRite 1-3pm Pinochle Club	28 Picnic at the Sherman Town Beach 11am Cornhole 12pm Bingo 1pm Live Music	29 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	30 11am Chair Yoga 12pm Update with Don 1-3pm Bridge Club Local Shopping	31 9am Walking Group 10:30am Tai Chi 11:30am Topic: Using Your iPhone at a Doctor Appt. 12:30pm Tech Help appt	

July Birthdays: Suzette B. • Barbara H. • Frank B. • Elsie H.

AUGUST 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
 2 3 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	4 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	5 9am Walking Group 11:30am BP 12pm Luncheon 12:30pm Birthday Cake to Celebrate & Trivia Fun (Kay) 1-3pm Pinochle Club Shopping Trip: New Milford	6 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Trip: Sharon Playhouse: 42nd Street \$36	7 9am Walking Group 10:30am Tai Chi 11:30am Topic: Calendar and Reminders 12:30pm Tech Help Appts 1-2pm Hearing Screening	8	
9 10 9am Walking Group 9:30am Senior Dine 12pm Italian Class 1-3pm Pinochle Club Trip: ShopRite	11 9:30am Senior Dine 11am Exercise Club with Physical Therapist 12pm Craft with Jodi	12 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	13 11am Chair Yoga 12pm Italian Class 1-3pm Bridge Club Local Shopping	14 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Judge Martin Landgrebe	15 	
 16 17 9am Walking Group 9:30am Senior Dine 12pm Italian Class 1-3pm Pinochle Club	18 9:30am Senior Dine 11am Exercise Club 12pm Painting with Rachel Visiting Angel	19 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	20 11am Chair Yoga 12pm Italian Class 1-3pm Bridge Club Local Shopping	21 9am Walking Group 10:30am Tai Chi 11:30am Art Class with Lisa	22 	
23 24 9am Walking Group 9:30am Senior Dine 11am-1pm Know Your Numbers Clinic 1-3pm Pinochle Club	25 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music	26 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	27 11am Chair Yoga 12pm Update w/ Don 1-3pm Bridge Club Local Shopping	28 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	29 	
30 31 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club						

August Birthdays: Pat B. • Flori F. Lillian J. Paul V. Sheila M.

