

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.

CELEBRATE IRISH!

Irish Luncheon

Corned beef and cabbage

**Wednesday, March 18
12 PM**

Cost \$3
RSVP March 10



Programs, Events and Community Wellness

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

ACTIVITIES AND PROGRAMS

Tech Savvy Seniors: Securing your Device (March 6, 11:30 am) 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.

Lunch and Learn (March 10, 12:30pm) “Your Life, Your Legacy,” explores the importance of funeral pre-planning and how making decisions in advance can be one of the most meaningful gifts you give your loved ones. By planning, you ensure your wishes are known, reduce emotional stress during an already difficult time, and allow your family to focus on remembering and honoring a life well lived. Attendees will learn how pre-planning provides clarity, comfort, and peace of mind—transforming a challenging topic into an act of care, responsibility, and love. Sponsored by Green Funeral Home.

Book Discussion (March 19, 12pm) Lions of Fifth Avenue - Fiona Davis Pick up your copy at the Sherman Senior Center.

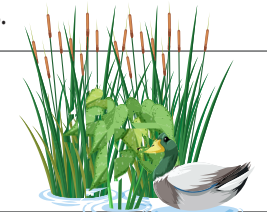
Watercolor Basics (March 20, 1pm) Instructor: Lisa Dawson
This relaxed workshop is an introduction to essential watercolor skills such as: Simple washes – Layering colors – Lifting paint – Using contrast We’ll wrap up by creating a fun, simple painting together using the techniques we learned. All materials included.



SS United States (March 23, 11am) Presentation by Arthur Gottlieb, LCSW, CCSA. Built in 1952 and retired from service in 1969, the SS United States captured the Blue Ribband, distinguishing her as the fastest ocean liner to cross the Atlantic, a record still held by this swift and beautiful ship. Having exhausted efforts to preserve this vessel, she is being readied for use as the world’s largest artificial reef off the coast of Florida.

AI Presentation (April 14, 12pm) Christopher Louis will discuss artificial intelligence (AI), how it works, its everyday uses, and common fears or misconceptions.

Aquatic Birds (April 16, 12pm) Thomas Kosturko of Compassion Home Care presents Aquatic Birds. This fun and interactive presentation will be 90 minutes and include pizza for lunch.



AARP Safe Drive Class (April 17, 9am-1pm) The instructor will address issues facing older drivers and will include local driving conditions in the presentation. If you are 62 or older you may qualify for a discount on your insurance. The registration fee is \$20 for members and non-members pay \$25. Please have check made out to AARP and members should bring their membership card so that the number can be entered on the certificate.

Step-by-Step Painting Class (April 21, 1pm) Local artist, Beth Bogues will teach a simple watercolor class. All skills appropriate. Free

HEALTH & WELLNESS EVENTS AND SERVICES

Trip: Senior Supper with Nutrition Talk (Free)

March 25 and April 22

NMH Senior Suppers are part of New Milford Hospital's Plow to Plate® initiative, celebrating healthy eating with fresh, local ingredients and wholesome cooking. Each session includes a complimentary dinner and speaker presentation for up to 25 guests—so RSVP early to kerry.gold@nuvancehealth.org or (860) 210-5360. If you would like transportation RSVP to the Sherman Senior Center.

Food for Thought: Nutrition for Memory & Brain Health

April 9, 12pm

Join Carmen Weber, Registered Dietitian with RVNAhealth, for a thoughtful and practical look at how the foods we eat can support memory, focus, and brain health — especially as we age. With years of experience and a down-to-earth style, Carmen will share the latest insights on nutrition and the aging brain, along with simple, everyday strategies to help keep our minds sharp and meals meaningful.

Hearing Screenings

March 6, 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.

Know Your Numbers

April 20, 11am-1pm

Reserve a Wellness Check Appointment with an RVNA Health nurse. 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



HEALTH/WELLNESS

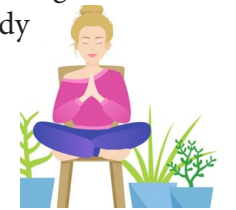
Exercise Class

Tuesdays at 11am focusing on balance and flexibility.



Chair Yoga

Thursdays at 11am Join Paul Jaehnig with full body stretching.



Tai Chi

Fridays at 10:30am This is a casual video class.



SOCIAL SECURITY SCAM ALERT

Social Security Scams

are on the rise. Social Security will never call you, unless you have initiated a request. If there is a problem with your Social Security number or record, the Social Security Administration will typically mail you a letter.

Social Security will **NEVER**:

- **Threaten** you with arrest or legal action.
- **Suspend** your Social Security number (SSN).
- **Demand** immediate payment from you.
- **Require** payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- **Ask** for gift card numbers over the phone or that you wire or mail cash.
- **Ask** for personal details or banking information to give you a cost-of-living adjustment (COLA).

Criminals pretending to be government employees continue to evolve and find new ways to steal your money and personal information. They sound legit and often claim your identity has been stolen or that there is another problem with your SSN, record, or benefits. Social Security will **NEVER** make these calls.

Hang up and report the call.

To learn more about Social Security related scams go to the **Protect Yourself from Social Security Scams and Scam |Alert Office of the Inspector General** pages at ssa.gov.


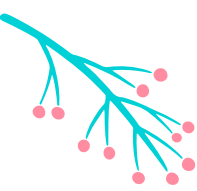

If you receive a questionable call, hang up, and report the call to our **Office of the Inspector General**, at ssa.gov/scams. For more information, call **Sherman Social Services at 860-354-2414, ext. 2**. Your local social services office can help you reach out to the Torrington Social Security office and clear up any problems.

MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	3 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	4 9am Walking Group 11:30am BP 12pm Luncheon 12:30pm Birthday Cake to Celebrate! 1-3pm Pinochle Club Shopping Trip: New Milford	5 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Local Shopping	6 9am Walking Group 10:30am Tai Chi 11:30am Topic: securing your Device 12:30pm Tech Help appts 1-2pm Hearing Screening	7 
8	9 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club 	10 9:30am Senior Dine 11am Exercise Club 12:30pm Lunch & Learn "Your Life, Your Legacy"	11 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	12 11am Chair Yoga 12pm Coffee and Coloring 1-3pm Bridge Club Local Shopping	13 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Judge Martin Landgrebe	14
15	16 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club Trip: ShopRite	17 St. Patrick's Day 9:30am Senior Dine 11am Exercise Club with Physical Therapist 12pm Craft with Jodi	18 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford 	19 11am Chair Yoga 12pm Book Discussion <i>Lions of Fifth Avenue</i> 1-3pm Bridge Club Local Shopping	20 9am Walking Group 10:30am Tai Chi 1pm Drawing with Lisa 	21
22	23 9am Walking Group 9:30am Senior Dine 11am Speaker Topic: Ship SS United States 1-3pm Pinochle Club 	24 9:30am Senior Dine 11am Exercise Club	25 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford Trip: NMH Senior Supper with Nutrition Talk (free)	26 11am Chair Yoga 12pm Update with Don 1-3pm Bridge Club Local Shopping 	27 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game 	28
29	30 9am Walking Group 9:30am Senior Dine Trip: Walmart, TJMaxx, GoodWill & Lunch out 1-3pm Pinochle Club	31 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music 				

March Birthdays: Maureen W. • Frank L. • Martha D.

APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am Walking Group 11:30am BP 12pm Luncheon 12:30pm Birthday Cake to Celebrate! 1-3pm Pinochle Club Shopping Trip: New Milford	2 Holy Thursday 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Local Shopping	3 Good Friday Office Closed	4
5	6 Office Closed 	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 Food for Thought: Nutrition for Memory & Brain Health 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 11:30am Craft with Jodi Trip: Danbury Mall 1-3pm Pinochle Club	14 9:30am Senior Dine 11am Exercise Club 12pm Topic: Artificial Intelligence (AI)	15 Tax Day (Taxes Due) 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	16 11am Chair Yoga 12pm Presentation: Aquatic Birds w/ Pizza Lunch 1-3pm Bridge Club Local Shopping	17 9am-1pm AARP Safe Drive Class (Max 15)	18
19	20 9am Walking Group 9:30am Senior Dine 11am-1pm Know Your # Wellness Clinic Trip: Shoprite 1-3pm Pinochle Club	21 9:30am Senior Dine 11am Exercise Club 1pm Step by Step Painting Class	22 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford Trip: NMH Senior Supper with Nutrition Talk (free)	23 11am Chair Yoga 1-3pm Bridge Club Local Shopping	24 Arbor Day 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	25
26	27 9am Walking Group 9:30am Senior Dine Trip: Walmart, TjMaxx, GoodWill & Lunch out 1-3pm Pinochle Club	28 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm 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		

April Birthdays: Sakiko H. • Robbyn G. • James B. • Diana D.