

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.

TRIP

Sherman Expo

May 2, 11am-3pm


Transportation provided to the Sherman Green. Learn about Sherman's community organizations.

Programs, Events and Community Wellness

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

ACTIVITIES AND PROGRAMS

Grand Central Terminal Presentation (May 11, 11am) By Art Gottlieb, LCSW, CSA. Bisecting Manhattan's Park Avenue and boasting 44 train platforms on two levels, this recently restored Beaux Arts masterpiece has remained one of New York's most famous transportation landmarks since its building in 1913.

Fishes and Turtles and Sharks, OH MY!! (May 14, 12pm) Come and visit the underwater realm through stories, photos, and video from the oceans around the world. John Silliman from Aetna is an avid scuba diver and underwater photographer who has traveled extensively documenting the beautiful sights and creatures our seas have to offer. 

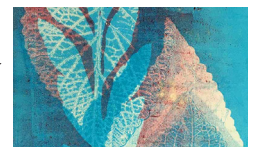
Cooking Class (May 15, 11:30am) Join Carmen Weber, registered dietitian for a follow up for Memory & Brain Health presentation. Come and enjoy Berry Spinach Salad along with a Quinoa & Chickpea dish, both of which are delicious! The latter has both quinoa & chickpeas as the main protein sources, a few veggies, herbs, nuts and cheese.

Lunch and Learn Panel discussion (May 19, 12pm) Learn about what your options are for care at home as well as what is available at area facilities. Lunch is provided by all of the organizations. RSVP early to kerry.gold@nuvancehealth.org or (860) 210-5360.

Book Discussion (May 21, 12pm) The Midnight Library by Matt Haig is a bestselling novel about Nora Seed, a woman filled with regret who finds herself in a magical library between life and death, where she can try out infinite alternate lives she could have lived by choosing different paths.

Gel printing Class with Lisa (May 22 and June 26, 11:30am)

Gel printing is a versatile monotype printmaking technique using a flexible, reusable gel plate and acrylic paints to create unique, layered textures and patterns.



Live Music (May 26 and June 30, 1:15pm) Enjoy the stirring sounds of the local band, Unbroken Glass.

Town Update (May 28, 12pm) Join First Selectman, Don Lowe. He will update us on the newest items the town is currently and take all questions.

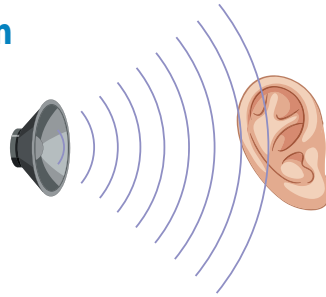
WCAA Resource Presentation (June 18, 12pm) The program provides information, education, and guidance to help navigate complex situations. These services include housing, legal and financial assistance, in-home services, employment, home modifications, long-term support, and protective services.

Genealogy (June 23, 12pm) Join experts from the Mattatuck Museum as they offer tips to help you in your genealogy research. This presentation will also explore digital resources which will allow you to find out more information about your ancestors.

HEALTH & WELLNESS EVENTS AND SERVICES

Hearing Screenings May 1, 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.



Senior Supper with Health Talk (FREE)

May 20

Senior Suppers are part of New Milford Hospital's Plow to Plate® initiative, celebrating healthy eating with fresh, local ingredients and wholesome cooking.

RSVP early to kerry.gold@nuvancehealth.org or (860) 210-5360.



Stroke Prevention June 25, 12pm

Join Lauren Henriques, MSN, RN Neuroscience Coordinator Danbury and New Milford Hospital. We will review what are the signs and symptoms of stroke? Who is a risk? What can one do to prevent stroke and what are the latest treatment options?



HEALTH/WELLNESS

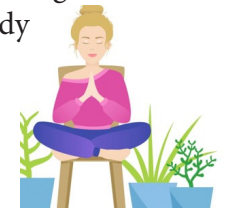
Exercise Class

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.



MEDICARE

Medicare Minute May 18, 10am

Monday morning workshops on Medicare will be held this summer at the Sherman Senior Center on the 3rd Monday of the month in May, June and July at 10 am.

Turning 65? Need a little real insight into the maze of Medicare? Stop in during our

Medicare Minute workshops. Come to one or come to all. Bring your questions. These workshops will be run by Lynne Gomez, LMSW, director of Sherman Social Services and a CHOICES trained Medicare counselor. We will start with the basics and do a deep dive into your questions. Drop-ins are welcome. These workshops will run 1 hour.

Call Sherman Social Services at 860-354-2414, ext. 2 to register.



TECH SAVVY SENIORS

Health Apps

May 1, 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.


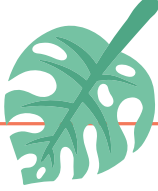






Maps/Google Maps

June 5, 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.

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	 4 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	5 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	6 9am Walking Group 11:30am BP Luncheon 12:30pm Birthday Cake to Celebrate! 1-3pm Pinochle Club Shopping Trip: New Milford	7 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Local Shopping	8 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Judge Martin Landgrebe 	9 11am-3pm Trip: Sherman Expo
10 Mother's Day 	11 9am Walking Group 9:30am Senior Dine 11am Speaker Topic: Grand Central Terminal 1-3pm Pinochle Club Trip: ShopRite	12 9:30am Senior Dine 11am Exercise Club with Physical Therapist 12pm Craft with Jodi 	13 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	14 11am Chair Yoga 12pm Scuba Talk 1-3pm Bridge Club Local Shopping	15 9am Walking Group 10:30am Tai Chi 11:30am Cooking Class	16 Armed Forces Day
17	18 9am Walking Group 9:30am Senior Dine 10am Medicare Workshop Trip: Walmart, TJMaxx, GoodWill & Lunch out 1-3pm Pinochle Club	19 9:30am Senior Dine 11am Exercise Club 12pm Lunch and Learn Panel Discussion 	20 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford Trip: NMH Senior Supper with Nutrition Talk (free)	21 11am Chair Yoga 12pm Book Discussion: The Midnight Library 1-3pm Bridge Club Local Shopping 	22 9am Walking Group 10:30am Tai Chi 11:30am Art Class with Lisa: Gel Printing	23 
24/31	25 Memorial Day Office Closed 	26 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music	27 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	28 11am Chair Yoga 12pm Update with Don 1-3pm Bridge Club Local Shopping	29 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	

JUNE 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	2 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	3 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	4 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Local Shopping	5 9am Walking Group 10:30am Tai Chi 11:30am Topic: Maps/Google Maps 12:30pm Tech Help Appts	6
7	8 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club	9 9:30am Senior Dine 11am Exercise Club 12pm Lunch and Learn Topic: Trusts	10 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	11 11am Chair Yoga 12pm Coffee and Coloring 1-3pm Bridge Club Local Shopping	12 9am Walking Group 10:30am Tai Chi 1-2pm Housatonic Probate Judge Martin Landgrebe	13
14 Flag Day	 15 9am Walking Group 9:30am Senior Dine 10am Medicare Workshop Trip: Danbury Mall 1-3pm Pinochle Club	16 9:30am Senior Dine 11am Exercise Club 12pm Craft with Lodi	17 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	18 11am Chair Yoga 12pm Talk: Services Navigator 1-3pm Bridge Club Local Shopping	19 June teenth Office Closed	20
21 Father's Day	22 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club	23 9:30am Senior Dine 11am Exercise Club 12pm Genealogy Program	24 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	25 11am Chair Yoga 12pm Talk: Stroke Prevention 1-3pm Bridge Club Local Shopping	26 9am Walking Group 10:30am Tai Chi 11:30pm Art Class with Lisa: Gel Printing	
28	29 9am Walking Group 9:30am Senior Dine Trip: Walmart, JMMaxx, Goodwill & Lunch out 1-3pm Pinochle Club	30 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music				

June Birthdays: Leslie A. • Roger I. • Janet W. • Rosalie S. • Al B. • Chris E.

