

# Sherman Senior Center

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WEBSITE: [www.shermanct.gov](http://www.shermanct.gov) • EMAIL: [seniorcenter@ShermanCT.gov](mailto:seniorcenter@ShermanCT.gov)



## HELPFUL CONTACTS

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### FISH

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### Director of Social Services

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### Commission on Aging

Janet Wey • Lynda Lee Arnold  
Keish Barton, PhD • Meredith Kroeger  
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Jeanne McRoberts  
Kimberly Thomson • Susan White

**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.

## Programs, Events and Community Wellness

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

### ACTIVITIES AND PROGRAMS

**Tech Savvy Seniors (November 7, 11:30am)** Topic: Photos and Albums Learn how to organize your photos into albums, add captions and locations, and make photo movies with music! We will also go over how to recover photos you may have deleted and send photos and videos to friends and family! Come join Lindsey Burk of "Tech Savvy Seniors" the first hour will be a class the 2nd hour will be available for individual appointments each month.

**Light Houses of Long Island Sound (November 17, 11am)** Presentation by: Arthur N. Gottlieb, LCSW, CSA In a time before electricity, radar and GPS guided navigation became commonplace, lighthouses were essential for the safe navigation of maritime trade. In the well-traveled waterways of Long Island Sound, many of these beautiful structures survive, reminding us of our seagoing heritage that was once the lifeblood of the Northeast.

**Decorate the Senior Center (Nov 21, 11:30am)** Come join your friends and make the Senior Center a festive home for the holidays.



**Know Your Numbers (November 24, 11am-1pm)** Reserve a Wellness Check Appointment with an RVNA Health 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

**Holiday Wreath Workshop (December 1, 11am)** "Come decorate a fresh holiday wreath with live greenery." Great Hollow at the senior center. Cost \$25

**Tech Fridays (December 5, 12:30pm)** Class topic will be **Shopping with your iPhone** Learn how you can add your store savings card to your iPhone, download coupons, shop sales and even pay - all with your phone! Please bring any store savings cards with you to class along with your apple ID and password so we can download apps onto your phone.

**Holiday Party (December 12, 12pm)** Join us at Jim Barbaries for the Sherman Senior Center annual Holiday Party with music and friends including a Sing-along. Transportation is available. Cost is \$30.

**Holiday Craft (December 16, 12:30pm)** Join us as we decorate gingerbread boxes. Sponsored by Village at Brookfield Commons and SYNERGY HomeCare.

**Celebrate Hanukkah (December 19, 11:30am)** Come and celebrate with music, stories and delicious potato pancakes. All welcome!



**Holiday Lights Tour (December 22, 4pm)** We will dine out and tour the beautiful NM Green and several decorated neighborhoods including our Sherman favorites.

**New Year's Eve Party (December 31, 11am)** Let's Celebrate another year of adventures with our friends. We will share some holiday appetizers and cheer in the New Year (a little bit early.) Welcome 2026!!!



# Sherman Senior Center Holiday Party

December 12, 2025  
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 by Dec 5** to Senior Center 860.354.2414 ext 1 or email: [seniorcenter@shermanct.gov](mailto:seniorcenter@shermanct.gov)

Limited Transportation available so sign up early!

## HOLIDAY WORD SEARCH

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

hanukkah  
kwanza  
christmas  
tradition  
candles  
carol  
angel

festive  
snow  
mitten  
evergreen  
joy



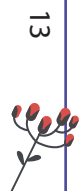
# NOVEMBER 2025

| Sun | Mon                                                                                                                         | Tue                                                                                         | Wed                                                                                                                                            | Thu                                                                                 | Fri                                                                                                               | Sat |
|-----|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----|
|     |                                                                                                                             |                                                                                             |                                                                                                                                                |                                                                                     |                                                                                                                   | 1   |
| 2   | 3 9am Walking Group<br>9:30am Senior Dine<br><b>Trip: Danbury Mall</b><br>1-3pm Pinochle Club                               | 4 <b>Election Day</b><br>9:30am Senior Dine<br>11am Exercise Club<br>12pm Brain Games       | 5 9am Walking Group<br>11:30am BP<br>12pm Luncheon<br>12:30pm Birthday Cake to Celebrate!<br>1-3pm Pinochle Club<br>Shopping Trip: New Milford | 6 11am Chair Yoga<br>12pm Boomwhackers<br>1-3pm Bridge Club<br>Local Shopping       | 7 9am Walking Group<br>10:30am Tai Chi<br>11:30am Topic: Photos & Albums<br>12:30pm Tech Help appts               | 8   |
| 9   | 10 9am Walking Group<br>9:30am Senior Dine<br><b>Trip: ShopRite</b><br>1-3pm Pinochle Club                                  | 11 <b>Veterans Day</b><br>Office Closed                                                     | 12 9am Walking Group<br>12pm Luncheon<br>1-3pm Pinochle Club<br>Shopping Trip: New Milford                                                     | 13 11am Chair Yoga<br>12pm Coffee & Coloring<br>1-3pm Bridge Club<br>Local Shopping | 14 9am Walking Group<br>10:30am Tai Chi<br>11:15am Wii Bowling<br>1-2pm Housatonic Probate Judge Martin Landgrebe | 15  |
| 16  | 17 9am Walking Group<br>9:30am Senior Dine<br>11am Program: Light-houses of Long Island Sound<br>1-3pm Pinochle Club        | 18 9:30am Senior Dine<br>11am Exercise Club with Physical Therapist<br>12pm Craft with Jodi | 19 9am Walking Group<br>12pm Luncheon<br>1-3pm Pinochle Club<br>Shopping Trip: New Milford                                                     | 20 11am Chair Yoga<br>12pm Update w/ Don<br>1-3pm Bridge Club<br>Local Shopping     | 21 9am Walking Group<br>10:30am Tai Chi<br>11:30am Come help decorate the Senior Center                           | 22  |
| 23  | 24 No Senior Dine<br>11am-1pm RVNA Nurse Know Your #s<br>1-3pm Pinochle Club<br>Trip: Walmart, TJMaxx, GoodWill & lunch out | 25 No Senior Dine<br>11am Exercise Club<br>12pm Bingo<br>1:15pm Live Music                  | 26 9am Walking Group<br>Office closes at 12pm                                                                                                  | 27 <b>Thanksgiving Day</b>                                                          | 28 Office Closed                                                                                                  | 29  |
| 30  |                                                                                                                             |                                                                                             |                                                                                                                                                |                                                                                     |                                                                                                                   |     |



November Birthdays: Mike B. • Tom W. • Kathy M. • Sue M. • Dom G. • Teresa N

# DECEMBER 2025

| Sun                                                                                            | Mon                                                                                                                                         | Tue                                                                                                                   | Wed                                                                                                                                                                                | Thu                                                                                                                 | Fri                                                                                                                                                                 | Sat                                                                                                |
|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|                                                                                                | 1 9am Walking Group<br>9:30am Senior Dine<br><b>11am Holiday Wreath Workshop</b><br><b>Trip: Danbury Mall</b><br><b>1-3pm Pinochle Club</b> | 2 9:30am Senior Dine<br><b>11am Exercise Club</b><br><b>12pm Brain Game</b><br><b>Trip: Bank Street Movie Theater</b> | 3 9am Walking Group<br><b>11:30am BP</b><br><b>12pm Luncheon</b><br><b>12:30pm Birthday Cake to Celebrate!</b><br><b>1-3pm Pinochle Club</b><br><b>Shopping Trip: New Milford</b>  | 4 <b>11am Chair Yoga</b><br><b>12pm Boomwhackers</b><br><b>1-3pm Bridge Club</b><br><b>Local Shopping</b>           | 5 9am Walking Group<br><b>10:30am Tai Chi</b><br><b>11:30am Topic Shopping with your iPhone</b><br><b>12:30pm Tech Help appts</b><br><b>1-2pm Hearing Screening</b> | 6 <b>New Senior Center Building Referendum at Charter Hall</b>                                     |
| <br><b>7</b> | 8 9am Walking Group<br>9:30am Senior Dine<br><b>11:30am Holiday Cookie Party</b><br><b>1-3pm Pinochle Club</b>                              | 9 9:30am Senior Dine<br><b>11am Exercise Club</b><br><b>12pm Craft with Jodi</b>                                      | 10 9am Walking Group<br><b>12pm Luncheon</b><br><b>1-3pm Pinochle Club</b><br><b>Shopping Trip: New Milford</b>                                                                    | 11 <b>11am Chair Yoga</b><br><b>12pm Coffee &amp; Coloring</b><br><b>1-3pm Bridge Club</b><br><b>Local Shopping</b> | <b>12</b><br><br><b>Holiday Party</b><br><b>Jim Barbaries</b><br><b>12pm</b>    | <b>13</b><br> |
| <b>14</b>                                                                                      | 15 9am Walking Group<br>9:30am Senior Dine<br><b>Trip: ShopRite</b><br><b>1-3pm Pinochle Club</b>                                           | 16 9:30am Senior Dine<br><b>11am Exercise Club</b><br><b>12:30pm Holiday Crafts</b><br><b>Gingerbread Boxes</b>       | 17 9am Walking Group<br><b>12pm Luncheon</b><br><b>1-3pm Pinochle Club</b><br><b>Shopping Trip: New Milford</b>                                                                    | 18 <b>11am Chair Yoga</b><br><b>12pm Update w/ Don</b><br><b>1-3pm Bridge Club</b><br><b>Local Shopping</b>         | 19 9am Walking Group<br><b>10:30am Tai Chi</b><br><b>11:30am Celebrate Hanukkah</b>                                                                                 | <b>20</b><br>   |
| <b>21</b><br>Start of Winter<br>(Winter Solstice)                                              | 22 9am Walking Group<br>9:30am Senior Dine<br><b>1-3pm Pinochle Club</b><br><b>4pm Holiday Lights Tour</b>                                  | 23 No Senior Dine<br><b>11am Exercise Club</b><br><b>Shopping Trip: New Milford</b>                                   | 24 9am Walking Group<br>Office closes at 12pm                                                                                                                                      | <b>25 Christmas</b>                                                                                                 | 26 Office Closed                                                                                                                                                    | <b>27</b><br>   |
| <b>28</b>                                                                                      | 29 9am Walking Group<br>9:30am Senior Dine<br><b>Shopping Trip: New Milford</b><br><b>1-3pm Pinochle Club</b>                               | 30 No Senior Dine<br><b>11am Exercise Club</b><br><b>12pm Movie and Holiday Treats</b>                                | 31 9am Walking Group<br><br><b>New Year's Party</b><br><b>11am</b><br><b>1-3pm Pinochle Club</b> |                                                                                                                     |                                                                                                                                                                     |                  |

December Birthdays: MaryAnne C. • Pat E. • Jackie M. • Jill F. • Althea S. • Maria S.