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

Holiday Art
With Lisa Dawson



We will be using watercolors to make seasonal paintings.

Beginners welcome.

November 13 and December 18, 11:30AM

Programs, Events and Community Wellness

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

ACTIVITIES AND PROGRAMS

Seasonal Painting Class (November 10, 12pm) Beginners welcome. Hosted by Serenity Care at Home LLC.

Dementia 101 (November 12, 12pm) Join author, Maria Cianciolo, CADDCT, CDP, APDA for a talk about living with Dementia and info for the "Dementia Caregiver." Maria is nationally certified as a "Dementia Care Practitioner & Educator".

Senior Thanksgiving Luncheon (November 16, 1pm) Join this yearly favorite as we enjoy a delicious Turkey dinner with the fixings as well as the talents of the Sherman School children. Sponsored by the SPTO. RSVP with the Senior Center.

Nutcracker craft (November 17, 12pm) Join us for a craft and light lunch. This program is limited so sign up early.



New Milford Senior Supper (November 12, 4pm) Dinner and Discussion. Must sign up early to reserve dinner.

Decorate the Senior Center (November 20, 11:15 am) Come join your friends and make the Senior Center a festive home for the holidays.

Commercial Break Exercises (November 23, 11am) Join Dr. Kolowz as she discusses exercises that can be completed while you are watching TV.

Holiday Wreath Workshop (December 7, 11am) Come decorate a fresh holiday wreath with live greenery. Great Hollow at the senior center. Cost $25

Holiday Craft (December 8, 12pm) Sponsored by Synergy Homecare and Village of Brookfield Common.

Celebrate Hanukkah (December 9, 12:30pm) Come and celebrate with music and stories. All welcome!

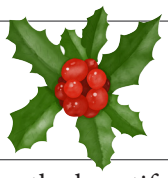


Gift Shopping (December 10, 12pm) There will be some small holiday shopping opportunities.

Origami (December 10, 12pm) Join Dirk Fernandez as he instructs us in a holiday themed craft.

Decade Games: (December 15, 12:15pm) Join the Sherman middle school students in some intergenerational fun.

Holiday Party (December 16, 12pm) Join us at Biscotti restaurant for a buffet luncheon, friends and a holiday sing-along. Please RSVP by December 10. Cost $30



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

HOLIDAY CELEBRATIONS

SPTO Thanksgiving
November 16, 1:00pm

Join this yearly favorite as we enjoy a delicious Turkey dinner with the fixings as well as the talents of the Sherman School children. Sponsored by the SPTO. RSVP with the Senior Center.



Holiday Wreath Workshop
December 7, 11:00am

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



Hanukkah Story and Music
December 9, 12:30am

Come and celebrate with music and stories. All welcome!



Holiday Party
December 16, 12:00pm

Join us for our annual holiday party. This year we will be at Biscotti's restaurant in New Fairfield. Cost includes appetizers, salad, and buffet luncheon. We will enjoy festive holiday music and a sing-along. Transportation available.

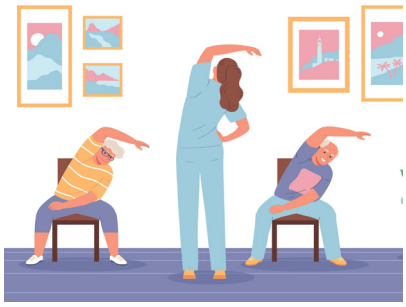
Please RSVP by December 10. Cost $30



HEALTH CHECK

Physical Therapist (November 10, 11:00am)

RVNA therapist will advise our weekly exercise class on the correct movements in our head-to-toe fitness program.



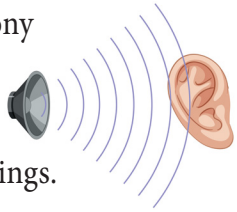
Know Your Numbers (November 30, 11:00am)

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.



Hearing Screenings (December 4, 1:00pm)

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.



TECH SAVVY SENIORS

"Learning Apps on iPhone"
November 6 at 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.

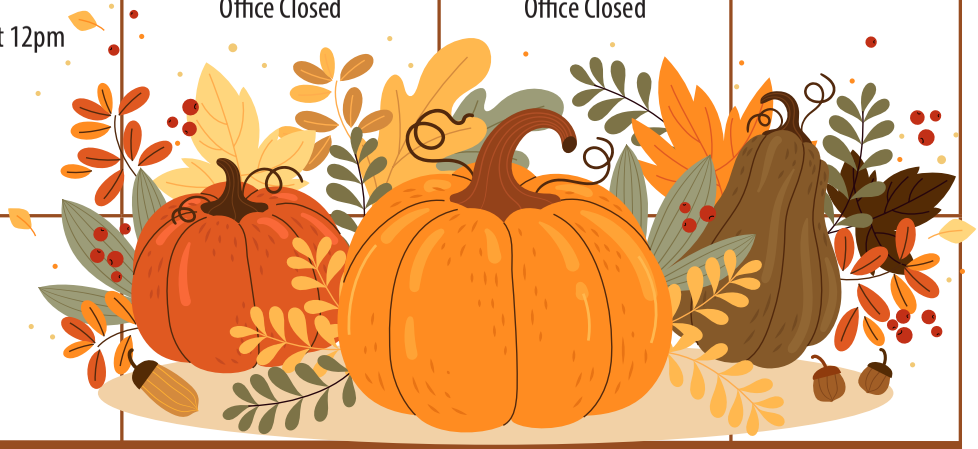
"Camera Techniques"
December 4 at 11:30 am



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.

NOVEMBER 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 **Election Day** 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: Learning about Apps** **12:30pm Tech Help appts**	7
8	9 9am Walking Group 9:30am Senior Dine **1-3pm Pinochle Club** **Trip: ShopRite**	10 9:30am Senior Dine **11am Exercise Club with Physical Therapist** **12 Seasonal Painting Program with Serenity Care** **Shopping Trip: New Milford**	11 **Veterans Day** Office Closed	12 **11am Chair Yoga** **12pm Dementia Talk with Maria** **1-3pm Bridge Club** **Local Shopping** **Trip: NMH Supper**	13 9am Walking Group **10:30am Tai Chi** **11:30am Art with Lisa: Watercolor class with holiday theme** **1-2pm Housatonic Probate Judge Martin Landgrebe**	14
15	16 9:30am Senior Dine **1pm SPTO Thanksgiving Luncheon at Charter Hall**	17 9:30am Senior Dine **11am Exercise Club** **12pm Nutcracker Craft and Lunch**	18 9am Walking Group **12pm Luncheon** **1-3pm Pinochle Club** **Shopping Trip: New Milford**	19 **11am Chair Yoga** **12pm Update with Don** **1-3pm Bridge Club** **Local Shopping**	20 9am Walking Group **10:30am Tai Chi** **11:15am Decorate the Senior Center for the holidays**	21
22	23 9:30am Senior Dine **11am "Commercial Break" Exercises's with Dr. Kolowz** **1-3pm Pinochle Club** **Shopping Trip: New Milford**	24 9:30am Senior Dine **11am Exercise Club** **12pm Bingo** **1:15pm: Live Music**	25 Office Closed at 12pm	26 **Thanksgiving Day** Office Closed	27 Office Closed	28
29	30 9am Walking Group 9:30am Senior Dine **11am-1pm Know Your Numbers Clinic** **1-3pm Pinochle Club**					



November Birthdays: Mike B. • Sue M. • Tom W. • Dolores B. • Kathy M. • Teresa N. • Edwina A.

DECEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30am Senior Dine **11am Exercise Club** **12pm Brain Games/Trivia**	2 9am Walking Group **11:30am BP** **12pm Luncheon** **12:30pm Birthday Cake to Celebrate!** **1-3pm Pinochle Club** **Shopping Trip: New Milford**	3 **11am Chair Yoga** **12pm Boomwhackers** **1-3pm Bridge Club** **Local Shopping**	4 9am Walking Group **10:30am Tai Chi** **11:30am Topic: Camera Techniques** **12:30pm Tech Help Appts** **1-2pm Hearing Screening**	5
6	7 9am Walking Group 9:30am Senior Dine **11am Holiday Wreath Workshop** **Trip: Danbury Mall** **1-3pm Pinochle Club**	8 9:30am Senior Dine **11am Exercise Club** **12pm Holiday Craft**	9 9am Walking Group **12pm Luncheon** **12:30pm Hanukkah Story and Music** **1-3pm Pinochle Club** **Shopping Trip: New Milford**	10 **11am Chair Yoga** **12pm Gift Shopping** **12pm Origami craft** **1-3pm Bridge Club**	11 9am Walking Group **10:30am Tai Chi** **11:15am Wii Bowling**	12
13	14 9am Walking Group 9:30am Senior Dine **Trip: ShopRite** **1-3pm Pinochle Club**	15 9:30am Senior Dine **11am Exercise Club** **12:15pm Decade games with Sherman School**	16 **Holiday Party** **Biscotti 12pm**	17 **11am Chair Yoga** **1-3pm Bridge Club** **Shopping Trip: New Milford**	18 9am Walking Group **10:30am Tai Chi** **11:30am Art with Lisa: Watercolor class with holiday theme**	19
20	21 9:30am Senior Dine **1-3pm Pinochle Club** **4pm Holiday Lights Tour**	22 9:30am Senior Dine **11am Exercise Club** **12pm Movie and Popcorn**	23 9am Walking Group **No Lunch** **1-3pm Pinochle Club** **Shopping Trip: New Milford**	24 Office Closed	25 **Christmas** Office Closed	26
27	28 9am Walking Group **1-3pm Pinochle Club**	29 9:30am Senior Dine **11am Exercise Club** **12pm Holiday Bingo**	30 9am Walking Group **1-3pm Pinochle Club** **Shopping Trip: New Milford**	31 Office Closed		

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