

Sherman Senior Center

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WEBSITE: www.shermanct.gov • EMAIL: seniorcenter@ShermanCT.gov

HELPFUL CONTACTS

Coordinator

Suzette Berger
860-354-2414, ext.1

SeniorCenter@ShermanCT.gov

Senior Center Staff

Sue Moore
Carolyn Decker
David Sitterley
Azuma Andos

FISH

860-355-4334

Director of Social Services

Lynne Gomez, LMSW
860-354-2414, ext.2

socialservices@ShermanCT.gov

Commission on Aging

Janet Wey • Lynda Lee Arnold
Keish Barton, PhD • Meredith Kroeger
Merialis Lewis • Sheila McMahon
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.

Step by Step Painting

With Bethe Bogues



September 23 at 1pm
Sherman Senior Center

Programs, Events and Community Wellness

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

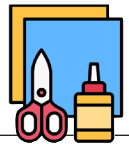
ACTIVITIES AND PROGRAMS

Memoir Writing Class (September 5, 11:15am) Join Sherman resident Pat Endress in the finale of our memoir writing series as she guides you to write down your story. You've been an eyewitness to history and can share your experience of world-shaking events with others in a memoir of that time. A group writing class.



Ansel Adams (September 15, 11am) Join Art Gottlieb's presentation. Known for his stunning black and white landscapes of the American West, Ansel Adams worked with the Department of the Interior to photograph National Parks, Indian reservations to produce large format prints to display in the department's new headquarters. Adams also created a photo record of Manzanar, a Japanese American relocation camp of World War II.

Lunch and Learn - Aging in Place: How to Protect Assets and Stay at Home (September 16, 12pm) Lunch Presentation with Lynda Arnold. In this program, we will help you better understand how to avoid putting your hard earned assets at risk in a way that can best position you to stay in your own home and age in place. You'll learn about Medicaid and other public benefit programs the state has to offer as well as strategies that married or single people can use to protect their assets.



Craft and Brunch (October 3, 11:30am) Join Lindy and Jane for a creative craft and some tasty brunch of soup and zucchini bread.

Book Club Discussion (October 9, 12pm) The Last Devil to Die: A Thursday Murder Club Mystery by Ricard Osman It's rarely a quiet day for the Thursday Murder Club. Shocking news reaches them—an old friend has been killed, and a dangerous package he was protecting has gone missing. Pick up your copy at the Senior Center.

Frauds, Frauds & Still More Frauds (October 16, 12pm) Please join Trevor Reeves, Volunteer Counselor for Senior Medicare Patrol (SMP) from the Western CT Area Agency on Aging (WCAAA) in a group discussion on the latest Medicare frauds impacting our local communities. A Q/A session will follow.

AARP Safe Drive Class (October 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.

Next Step -Downsizing Hints (October 21, 12pm) What should your next move be?



Should you downsize to a smaller home or move to an independent living community? Both options can feel daunting. Join Ginny a real estate expert & Chelsea a senior move coordinator/specialist, for a light lunch and a discussion about the best way to start thinking about this transition.

Hearing Screenings Friday

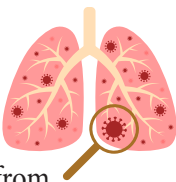
October 3, 1pm

Sign up for an appointment. Anthony Malafronte of Hearing Life will be at the Sherman Senior Center the **First Friday of every other month** offering free hearing screenings.

Pneumonia: Prevention, Detection and Treatment

October 23, 12pm

Please join Candace Thompson RN BSN from Candlewood Valley Health and Rehabilitation Center for this educational talk.



Cooking Class

with Carmen Weber, RDN, CDN
Registered Dietitian for RVNAhealth

October 24, 12pm

Sheet Pan Chicken Fajitas and Homemade Guacamole

Easy to make for small households of one or two (could even be done in a toaster oven), good protein, vitamin C heavy, easy clean up and fun to eat.



Medicare Workshops

September 29, at 11am and 6pm
at Sherman Senior Center



Bring your questions! This will be an overview of Medicare suitable for those new to Medicare, thinking about Medicare or already on Medicare.

Lynne Gomez, LMSW, is a Certified CHOICES Counselor. CHOICES is the state's answer to all the propaganda in the mail these days. The mission of the CHOICES program is to bring factual, unbiased information to all Medicare beneficiaries.

Medicare Open Enrollment is the only time in the year when you can make changes to how you receive Medicare (meaning via Original Medicare or a Medicare Advantage Plan) and the only time you can switch to a different drug plan. **Open Enrollment runs Oct. 15 to Dec. 7 each year.**

Stop by or call Sherman Social Services with any questions at 860-354-2414, ext. 2.

AUTUMN WORD SEARCH

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

hayride

foliage

harvest

scarecrow

rake

corn

acorn

apple

cider

maze

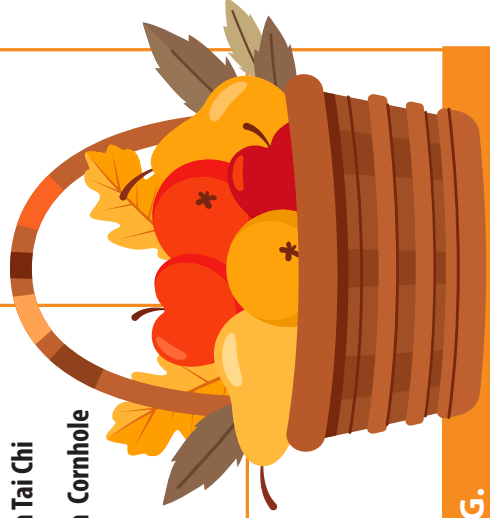
orchards

pinecones



SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day 	2 9:30am Senior Dine 11am Exercise Club 12pm Brain Games	3 9am Walking Group 11:30am BP 12pm Luncheon 12:30pm Birthday Cake to Celebrate! 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 11:15am Memoir Writing	6 
7	8 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	9 9:30am Senior Dine 11am Exercise Club 12pm Craft with Jodi	10 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	11 Patriot Day 11am Chair Yoga 1-3pm Bridge Club Local Shopping	12 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Judge Martin Landgrebe	13
14	15 9am Walking Group 9:30am Senior Dine 11am Presentation: Ansel Adams 1-3pm Pinochle Club	16 9:30am Senior Dine 11am Exercise Club 12:30pm Lunch & Learn: Aging in Place: How to Protect Assets and Stay at Home	17 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	18 11am Chair Yoga 12pm Update w/Don 1-3pm Bridge Club Local Shopping	19 9am Walking Group 10:30am Tai Chi	20
21	22 9am Walking Group 9:30am Senior Dine 1-3pm Pinochle Club Trip: ShopRite	23 9:30am Senior Dine 11am Exercise Club with Physical Therapist 1pm Step by Step Painting	24 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	25 11am: Chair Yoga 12pm Hypoglycemia and Hyperglycemia 1-3pm Bridge Club Local Shopping	26 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	27
28	29 9am Walking Group 9:30am Senior Dine 11am Medicare Update 1-3pm Pinochle Club Trip: Walmart, TJMaxx, GoodWill & lunch out	30 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music				



September Birthdays: George A. • Doris C. • Susanna M. • Maryann G.

OCTOBER 2025

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			1 9am Walking Group 11:30am BP 12pm Luncheon 12:30pm Birthday Cake to Celebrate! 1-3pm Pinochle Club Shopping Trip: New Milford	2 11am Chair Yoga 12pm Boonwhackers 1-3pm Bridge Club Local Shopping	3 9am Walking Group 10:30am Tai Chi 11:30am Craft & Brunch 1-2pm Hearing Screening	4
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 Game	8 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	9 11am Chair Yoga 12pm Book Discussion 1-3pm Bridge Club Local Shopping	10 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Court Judge Martin Landgrebe	11
12	13 Columbus Day	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 Medicare Fraud 1-3pm Bridge Club Local Shopping	17 9am Walking Group 9am-1pm AARP Safe Drive Class (Max 15)	18
19		20 9am Walking Group 9:30am Senior Dine Trip: ShopRite 1-3pm Pinochle Club	21 9:30am Senior Dine 11am Exercise Club 12pm Next Step: Downsizing hints with light lunch	22 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	23 11am Chair Yoga 12pm Pneumonia: Prevention, Detection and Treatment 1-3pm Bridge Club Local Shopping	25
26	27 9am Walking Group 9:30am Senior Dine Trip: Walmart, TMaxx 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 w/Don 1-3pm Bridge Club Local Shopping	31 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	

