

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

Step-by-Step Painting Class

With Bethe Bogues



September 28, 10:30AM
Sherman Senior Center

Programs, Events and Community Wellness

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

ACTIVITIES AND PROGRAMS

Ice-cream Social Friday (September 11, 12:30pm) Come by the Sherman Senior Center for some old-fashioned summer socializing with your friends while we enjoy delicious ice-cream sundaes. RSVP so we know you are coming.



Estate law and home selling (September 14, 11:30am) Please join Attorney Kirsten Bennett and Realtor Liz Pepin of Luks Realty for a presentation on estate law and the home selling process. Topics will include probate, estate sales, and the steps involved in preparing and selling a home.

Presentation with State Trooper Tate (September 15, 12pm) Join us as Sherman's resident State Trooper gives a safety update and shares current information about Sherman. Bring your questions.

President Truman Monday (September 21, 11am) Presented by Art Gottlieb, LCSW, CSA. Thrust into the presidency upon the death of Franklin Roosevelt, most citizens never even heard of the plain talking every-man from Missouri. Transitioning the country from war to peace, "Give 'em Hell Harry" set the tone for US foreign policy during the first atomic decade of the Cold War with Communism.

The Wonders of Whales (September 22, 12pm) Join Thomas M. Kosturko of Compassion Home Care LLC for Whale Tales: Stories about whales, some locally here in Connecticut and elsewhere. Learn about migration patterns, characteristics and behaviors of whales including how global warming has affected whales. A light lunch will be served during the 90-minute presentation.



Hearing Screenings (October 2, 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.

The Aging Brain (October 8, 12pm) Join Dr. Kolowz from Candlewood Rehabilitation and Health Care Center for this interesting program.

Prevent Falls, Protect Independence Lunch & Learn (October 15, 12pm) Join us for a light lunch and discussion on how to avoid falls. Sponsored by Future At Home Care.

Hospice Info (October 20, 12pm) Join us for a discussion with Regional Hospice.

Nutritionist Talk: The Link Between Diet and Memory (October 22, 12pm) Come and learn more about how your diet can affect your memory and what you can do to help improve it.

AARP Safe Drive Class (October 23, 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. Registration fee is \$20 for members and non-members pay \$25.



TRIPS

The DooWop Show at the AquaTurf

Join us September 8 for the Juke-box45 Show Band: DooWop Show. Get ready for a great mix of Paul Anka, The Duprees, Fred Parrish & The 5 Satins, Larry Chance & The Earls, just to name a few. Celebrating decades of legendary music, you won't want to miss this!! Luncheon main course: Roast Beef/ Chicken Francaise.

Cost: \$57.00



CT Audubon Society Sept 10, 10am-12pm

Come and explore the trails with a naturalist while driving specialized equipment that are customized for each guest. Adaptive Nature Hikes must RSVP with SOAR (Specialized Outdoor Adaptive Recreation.) 845.514.9658 For transportation please contact the Senior Center.



"Come From Away" Sharon Playhouse, September 17

With its driving Celtic-folk score featuring songs like "Welcome to the Rock," "Me and the Sky," and "Somewhere in the Middle of Nowhere," this Tony Award-winning musical celebrates the extraordinary kindness, generosity, and humanity that emerge in the most unexpected moments. Cost \$36 Limited space, sign up early.



Scenic Drive to Kent Falls October 26

These are the most visited falls in Connecticut. The trail to the top is about a 1/4 mile and the vertical height of the entire falls is around 150-200 ft.

SOCIAL SERVICES

A free review of your Medicare plans

is available at Sherman Social Services.

Make an appointment now to determine if a change in your plans might save you money.

Medicare Open Enrollment is held each year from Oct. 15 to Dec. 7. It is the window to make changes and the time to:

- Join a New Drug Plan
- Join a New Medicare Advantage Plan
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan to Original Medicare

Anyone interested may call Sherman Social Services at 860-354-2414, ext. 2.

TECH SAVVY SENIORS

"Using Paypal and Venmo"

September 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.

"Downloading Music and Movies"

October 2 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.

VOLUNTEERS NEEDED

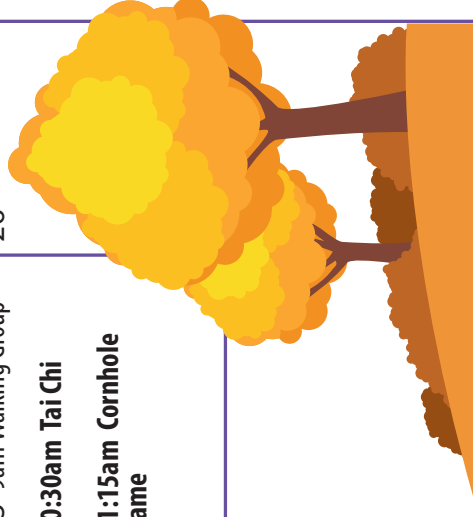
We are looking for volunteers to share their time and talent here at the Sherman Senior Center. **Travel Talks, Language Class, Discussion Leaders, Exercise or Tech help.** This could be as little as once a year or what you are able to share.

Please email Suzette at SeniorCenter@ShermanCT.gov

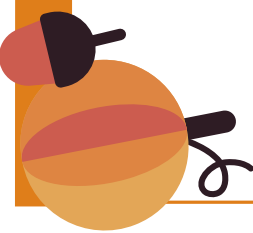
SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	2 9am Walking Group 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: Using Paypal and Venmo 12:30pm Tech Help appts	5
6	7 Labor Day office closed	8 9:30am Senior Dine 11am Exercise Club Trip: DooWoop Show at the AquaTurf 12pm Craft with Jodi	9 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	10 Trip: Deer Pond Farm Adaptive Hike 11am Chair Yoga 1-3pm Bridge Club Local Shopping	11 9am Walking Group 10:30am Tai Chi 12:30pm Ice Cream Social 1-2pm Housatonic Probate Judge Martin Landgrebe	12
13	14 9am Walking Group 9:30am Senior Dine 11:30am Talk: Estate Law and How to Sell Your Home 1-3pm Pinochle Club Trip: ShopRite	15 9:30am Senior Dine 11am Exercise Club 12pm Presentation with State Trooper Tate	16 9am Walking Group 11:30am BP 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	17 11am Chair Yoga 1-3pm Bridge Club Trip: Sharon Playhouse "Come From Away"	18 9am Walking Group 10:30am Tai Chi 11:30am Art Class with Lisa	19
20	21 9am Walking Group 9:30am Senior Dine 11am Talk: President Truman 1-3pm Pinochle Club	22 9:30am Senior Dine 11am Exercise Club 12pm The Wonders of Whales (Lunch will be served)	23 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	24 11am Chair Yoga 12pm Update with Don 1-3pm Bridge Club Local Shopping	25 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	26
27	28 9am Walking Group 9:30am Senior Dine 10:30am Step-by-Step Painting with Bethe Trip: ShopRite 1-3pm Pinochle Club	29 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music	30 9am Walking Group 12pm Luncheon 12:45pm A Book Discussion: The Book of Lost Friends 1-3pm Pinochle Club Shopping Trip: New Milford			

September Birthdays: George A. • Don C. • Doris C.



OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11am Chair Yoga 12pm Boomwhackers 1-3pm Bridge Club Local Shopping	2 9am Walking Group 10:30am Tai Chi 11:30am Topic: Down-loading Music and Movies 12:30pm Tech Help Appts 1-2pm Hearing Screening	3
4 5 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club		6 9:30am Senior Dine 11am Exercise Club 12pm Brain Games/Trivia	7 9am Walking Group 11:30am BP 12pm Luncheon 12:30pm Birthday Cake to Celebrate! 1-3pm Pinochle Club Shopping Trip: New Milford	8 11am Chair Yoga 12pm The Aging Brain with Dr. Kolowz 1-3pm Bridge Club Local Shopping	9 9am Walking Group 10:30am Tai Chi 11:15am Wii Bowling 1-2pm Housatonic Probate Judge Martin Landgrebe	10 
11 12 Columbus Day office closed		13 9:30am Senior Dine 11am Exercise Club 12pm Craft with Jodi	14 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	15 11am Chair Yoga 12pm Lunch & Learn: Fall Prevention 1-3pm Bridge Club Local Shopping	16 9am Walking Group 10:30am Tai Chi 11:30am Art Class with Lisa	17
18 19 9am Walking Group 9:30am Senior Dine Trip: ShopRite 1-3pm Pinochle Club		20 9:30am Senior Dine 11am Exercise Club 12pm Program: Regional Hospice Info.	21 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	22 11am Chair Yoga 12pm Nutritional Talk: The Link Between Diet and Memory 1-3pm Bridge Club Local Shopping	23 9am-1pm AARP Safe Drive Class 	24 
25 26 9am Walking Group 9:30am Senior Dine Trip: Kent Falls & Lunch out 1-3pm Pinochle Club		27 9:30am Senior Dine 11am Exercise Club 12pm Bingo 1:15pm Live Music	28 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	29 11am Chair Yoga 12pm Update w/ Don 1-3pm Bridge Club Local Shopping	30 9am Walking Group 10:30am Tai Chi 11:15am Cornhole Game	31 Halloween 

October Birthdays: Jackie C. • Edie J. • Edna C. • Ilse S. • Marie H. • Loring C. • Mark B.