



For all programs please register at ShermanLibrary.org/registration-dropdown or contact siprograms@biblio.org

Adult Programs

The Women's Soiree-Buy Tickets: May 22, 6:30-9:00pm. Join us for the Women's Soiree as we kick off the summer season! Sip wine and sample hors d'oeuvres as you share the company of friends and neighbors. This special event includes a silent auction and sale of fabulous handbags, scarves, and jewelry at not to be missed prices, raffle and more.

Tickets are \$35 each or \$60 for a pair through May 20. Tickets will be \$45 at the door unless sold out. BUT...tickets are limited, don't wait! Tickets are available for purchase at the Library or online at www.shermanlibrary.org/soiree2026. For more information contact Ashleigh Blake at (860)354-2455 or SLFundraising@biblio.org.

Art Show: "Diverse Expression" Portrait Photography by Tim Clark: Clark's photographs are built around clean composition, natural light, and a sense of calm presence, giving each image a clarity that feels both intimate and unforced. The exhibition runs thru May 6. Artwork from the show will also be featured on the Sherman Library website www.shermanlibrary.org.

Classic Book Discussion: May 1, 11:00am. *The Sheltering Sky* by Paul Bowles. Discussion led by Diana Bristol. *In-person*

Gentle Yoga: May 1, 7:00pm. Join certified yoga instructor, Paul Jaehnig for a session of gentle yoga. *In-person*

Knitting and Needlecraft Group: May 6, 10:00am. Join the Sherman Library for a monthly knitting/fiber crafts circle. Knitters, crocheters, and stitchers of all skill levels are welcome. *In-person*

Criminal Scams & Fraud Presentation: May 8, 11:00am. Join us as Sherman Resident Trooper, Officer Wayne Tate, breaks down the most common scams seen today. He will share practical strategies to help the public recognize, prevent, and report fraudulent activity before financial damage occurs. *In-person Registration is appreciated.*

Tips for Increasing Happiness: Raising Your Happiness Setpoint: May 14, 6:30pm. Did you know that researchers have found that every person has an individual baseline of happiness, and that this baseline of happiness can be raised? Join Dr. Wendy Hurwitz as she provides tips and techniques to raise your happiness setpoint and enhance well-being. *Remote program via Zoom. Registration is required*

Adult Book Discussion Group: May 15, 7:30pm. *House of Doors* by Tan Twan Eng, led by Pat Corrigan. Copies of the book are available at the library. *In-person.*

Mahjong Club: Every Tuesday, 9:30am. All are welcome from beginners to experts. Socialize with other players as you increase your mahjong skills. Equipment is provided. *In-person*

Children's Programs

Storytime: Thursdays, 10:30-11:00am. Enjoy stories, songs, and movement activities with Miss Juliet at The Library. *Recommended for ages 0-4, older siblings welcome. Registration recommended.*

May at the Merryall Center Offers Connection with Stories, Songs, and a Community Celebration

"The Center feels compelled in this moment to give voice and hope to our society," says Merryall Center Board President Missy Alexander—a sentiment that sets the tone for the organization's 75th anniversary season.

The season begins May 9th with Walter Parks & The Unlawful Assembly, led by guitarist Walter Parks, longtime sideman to Woodstock legend Richie Havens. Parks will be joined by percussionist Steven Williams (Digable Planets, Bring in 'da Noise, Bring in 'da Funk) and bassist Paul Frazier (Madeleine Peyroux, David Byrne). Together, the trio will perform a powerful program of spirituals, hymns, hollers, and work songs that "embrace the inescapable togetherness of races and cultures."

May 16th welcomes the ever-popular Merryall Tales back to the stage, featuring seven dynamic storytellers from NYC and the Northeast. Audiences can expect an evening of humorous and poignant tales that reflect the diversity and interconnectedness of the human experience.

The month's festivities wrap up on May 30th with a good old-fashioned Community Potluck Picnic, complete with burgers and dogs (vegetarian options available), courtesy of the Merryall Center. The celebration also includes an opening reception for Artist-in-Residence Joan P. Ivler's Art in Pieces, as well as a special presentation on Merryall's storied history by local historian Theodore W. Hine. Bring a side dish or a sweet and join in to celebrate Merryall's 75th year milestone!

Merryallcenter.org for tickets and more information.

Merryall Center is located at 8 Chapel Hill Road, New Milford, CT.

Presentation: Criminal Scams and Frauds at the Library, May 8, 11am

Join us as the Sherman Library hosts "Criminal Scams and Fraud" a presentation by Sherman Resident Trooper- Wayne Tate on Friday, May 8th at 11:00 a.m. at the Sherman Library.

Fraud scams are evolving faster than ever, targeting individuals, businesses, and entire communities with increasingly sophisticated tactics. In this presentation, Officer Wayne Tate, will break down the most common scams seen today, from phishing and impersonation schemes to investment and online marketplace fraud. Attendees will learn how these scams operate, the warning signs to watch for, and the real-world impact they have on victims. Officer Tate will also share practical strategies to help the public recognize, prevent, and report fraudulent activity before financial damage occurs.

This is a free in-person program at the Sherman Library. Register online at shermanlibrary.org/registration-dropdown or via email at siprograms@biblio.org or via phone at (860) 354-2455.

Mature Lifestyle Sherman Senior Center (860) 354-2414

Programs and Events May 1 - May 8, 2026 (RSVP required!)

Speaker Topic: Health Apps on Your Phone: Friday, May 1, 11:30am. Find out what you can learn about your health from the many health-related apps you can access from your mobile phone.

Tech Help Appointments: Friday, May 1, 12:30pm. Make an appointment and bring your questions about technology and how to get the most out of all your devices.

Hearing Screening: Friday, May 1, 1pm-2pm. Make an appointment to have your hearing tested.

BONUS Trip: Sherman Expo! Saturday, May 2, 11am-3pm. (Raindate: Sunday 5/3). Come to the town's presentation of all the things Sherman has to offer. On the Green by the Daily Market. **

Trip: Danbury Mall: Monday, May 4. Call for time **

Brain Games/Trivia: Tuesday, May 5, 12pm. Give yourself a mental workout with this fun event!

Blood Pressure Checks: Wednesday, May 6, 11:30am. Keep an eye on this all-important health marker!

Birthday Lunch: Wednesday, May 6, 12pm. Help us celebrate everyone born in the Merry Month of May! Let us know that you want to come about a week before. There'll be cake!

Boomwhackers! Thursday, May 7, 12pm. Make music with these unusual instruments!

Wii Bowling: Friday, May 8, 11:15. Exercise meets technology and FUN!

Probate Court Judge: Friday, May 8, 1pm-2pm. Judge Martin Landgrebe answers your questions regarding probate. Make an appointment.

Save the Date

Speaker Topic: Grand Central Terminal. Monday, May 11, 11am. This recently restored Beaux Arts masterpiece has remained one of New York's most famous transportation landmarks since it was built in 1913. Come hear all about it with Art Gottlieb, LCSW, CSA.

Craft with Jodi: Tuesday, May 12, 12pm. Tap into your creative side!

The Underwater Realm: Thursday, May 14, 12pm. John Silliman is an avid scuba diver and underwater photographer. He'll have stories, photos and video from his adventures around the world.

Cooking Class: Friday, May 15, 11:30am. Carmen Weber, RVNA-health's registered dietitian, will demonstrate recipes featuring ingredients that support brain health. It'll be delicious!

Weekly Shopping

Shopping Trip: New Milford. Wednesday, May 6.. We go to WalMart and Aldi. Call for time. **

Sherman Grocery Shopping, Banking and More: Thursdays, 1pm. Call to sign-up to go to Sherman businesses. **

Shoprite Shopping: Mon. May 11. Call for time. (Once a month) **

****Transportation Provided**

Health & Wellness

Walking Group: M-W-F at 9am at the Sherman Track.

Exercise Club: Tuesdays at 11am focusing on balance and flexibility. Free **

Chair Yoga: Thursdays at 11am. Join Paul Jaehnig with full body stretching. Free **

Tai Chi: Fridays at 10:30am. This is a casual video class appropriate for seniors. Free **

Nutrition

Senior Dine Breakfast at American Pie: 9:30am. Initial sign-up paperwork required. Meals cost \$4 Mondays & Tuesdays. RSVP at least a couple of days prior. **

Senior Café Luncheon: 12pm. Enjoy a hot lunch with your friends, every Wednesday at the Senior Center. Initial sign-up paperwork required. Meals cost \$3. RSVP at least a week prior **

Card Games

Pinochle Club: Mondays & Wednesdays, 1pm-3pm. Walk-ins welcomed.

Bridge Club: Thursdays 1pm-3pm. Walk-ins welcomed.

Email List: If you would like to be added to our list, please email us SeniorCenter@ShermanCT.gov

RSVP for Programs: 860-354-2414 Ext 1 or SeniorCenter@ShermanCT.gov

To Advertise Your Business in the Town Tribune

Email: advertising@thetowntribune.com
or call (203) 746-4669

We appreciate your support!

Merryall CENTER

Upcoming Events at Merryall

Sat 5/9 - Walter Park & The Unlawful Assembly

6:00 PM Season Opener - Blues & American Roots Music

Sat 5/16 - Merryall Tales

7:30 PM Personal Storytelling Presented by Seven Moth Grand Slam/Story Slam Winners

Sat 5/30 - Community Potluck Picnic

12:00 PM Old Fashioned Pot-Luck Picnic Celebrating Merryall's 75th Anniversary

MerryallCenter.org

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