



Pomfret Senior Center

207 Mashamoquet Rd. Pomfret, CT

July 2018

July Events/Activities



Tuesdays, July 3rd, 10th, 17th, 24th, and 31st– Tai Chi

Tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance.

Wednesdays, July 11th, 18th, 25th- 9:00-10:00– Chair Yoga with Maryanne

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Suggested donation.

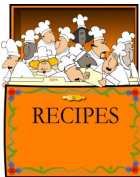
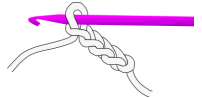


Thursdays, July 5th, 12th, 19th, 26th– 9:00-10:00am– Qi Gong with Nick Beams

Join Nick as he instructs Qi-Gong– a great way to get your daily dose of exercise and keep those muscles strong!

Thursdays, July 5th, 12th, 19th, 26th– 10:00– 11:30am- Crocheting with Nancy

Are you interested in learning how to crochet? Maybe you would like to make a nice blanket, or hat for someone you love. Then come learn the basics of how to crochet with Nancy. Please bring your own crochet hooks if you have them. Hooks will be available if needed.



Thursday, July 12th– 12:30– Recipe Exchange

Have a favorite recipe? A favorite go to dish or dessert? Bring it in to share!

Tuesday, July 17th– 12:30– Advance Directive with Senior Resources– Planning for Future Health Care Decisions

Join us for a presentation by staff from Senior Resources as they talk about planning for your future health care decisions. Learn about your rights to make health care decisions, expressing your preferences concerning your health care/or appointing someone to act on your behalf, as well as get some answers to some frequently asked questions.



Wednesday, July 18th– 12:15– Movie- “Bowfinger”

When a desperate movie producer fails to get a major star for his bargain basement film, he decides to shoot the film secretly around him.

Stars: Steve Martin, Eddie Murphy

Tuesday, July 24th– 1:00– AED and Basic CPR Presentation with Chelsea

Join Chelsea as she discusses how to use an AED (Automated External Defibrillator) as well as some basic CPR techniques and ways you can save yourself in a choking situation. Please note that this presentation will not certify you in CPR



Thursday, July 26th– 11:30– Summer Cookout

Enjoy the beautiful weather, and share a delicious pot luck meal!

TVCCA
Senior Nutrition Program

2018 Salad Entrée Menu Selections
Please see this month's menu for availability,
the selections will vary.

All salads are served with:
Whole grain roll, wheat crackers, side of three bean salad, margarine, 1% milk, choice of dressing and fresh seasonal fruit.

Mediterranean Salad with Grilled Salmon
Grilled salmon seasoned with lemon and oregano on top of crisp greens, shredded carrot, cucumber, tomato, onion, and olives.

Tomato, Tuna & Tarragon Salad
Light tuna seasoned with minced celery, tarragon and mayonnaise. Served on a fresh salad with tomatoes, onion, and shredded carrot.

Classic Egg Salad
Our egg salad with minced celery and onion. Served on crisp lettuce, tomato, shredded carrots and cucumbers.

Chopped Cobb Salad
Diced chicken, hard boiled egg and crumbled blue cheese served on crisp greens with tomato, onion and cucumber.

Grilled Chicken Caesar Salad
Fresh romaine lettuce tossed with classic Caesar dressing, croutons and parmesan cheese. Topped with grilled chicken breast.

Vegetarian Hummus Salad
(available upon request, as an alternate on salad days)
Fresh garden salad with tomatoes, cucumbers, shredded carrots and onion. Served with roasted red pepper hummus. Topped with sunflower seeds.

Suggested donation \$4.00

**Please make your reservations at least three weekdays
in advance of the menu date.**

Due to state health regulations, salads cannot be taken home

TVCCA Launches Salad Entrées as a selection for lunch!

Salads are now available during the summer through TVCCA. Reservations are required for the salads. Please check your menus to see which salad options are available this month!

Join us for TVCCA's Special Lunch on Wednesday
July 18th!

Lunch includes BBQ chicken drumsticks, backed beans, coleslaw, cornbread and strawberry shortcake! Make sure to sign up for this delicious meal by July 12th!

Please call or come to the center to make your
lunch reservation today!

860-928-7459

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