



November 2018

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 12:30-1:00 Pat Boyd- State Representative 1:00-2:00 Book Club	2
5	6 9:00-11:30– Chair Caning 9:00-10:00– Tai Chi 10:30-11:30 Walking Club 10:30-11:30 & 12:30-2:00 Game Day	7 9:00-10:00 Chair Yoga 10:00-11:30 Craft Class: Wreaths 12:30-2:00 Movie (TBA)	8 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 12:30-1:30 Honoring our Veterans	9
12	13 9:00-11:30– Chair Caning 9:00-10:00– Tai Chi 10:30-11:30 Walking Club 10:30-11:30 & 12:30-2:00 Game Day	14 9:00-10:00 Chair Yoga 10:15-11:30 Craft Class: Designer Bowls 12:30-2:00 Trivia w/ John	15 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 10:30– Blood Pressure Clinic 12:30-2pm Bingo	16
19	20 9:00-11:30– Chair Caning 9:00-10:00– Tai Chi 10:30-11:30 Walking Club 10:30-11:30 & 12:30-2:00 Game Day	21 9:00-10:00 Chair Yoga 12:30-1:30 Celebrating Foods: Cranberries 12:30-2:00 Paint with Geri	22  Senior Center Closed	23
26	27 9:00-11:30– Chair Caning 9:00-10:00– Tai Chi 10:30-11:30 Walking Club 10:30-11:30 & 12:30-2:00 Game Day	28 9:00-10:00 Chair Yoga 11:30 Special Lunch: “Soups On”	29 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 12:30-1:30 Book Club	30



Pomfret Senior Center
207 Mashamoquet Rd.
Pomfret Center, CT 06259

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***Lunch is served at 11:30 daily**
***Details on all programs and**
activities are available in the
Newsletter