

***Tuesday, November 6, 13, 20, 27 (9:00-11:30) Chair Caning with Joe Doran***

Join Joe Doran from the Lisbon Senior Center as he engages participants in caning chairs. Rolling enrollment available.

***Tuesdays, November 6, 13, 20, 27 (9:00-10:00) Tai Chi with Kim***

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

***Tuesdays: November 6, 13, 20, 27 (10:00-11:30) Walking Club***

Come enjoy the nice cool fall air as we walk the Airline Trail.

***Tuesdays: November 6, 13, 20, 27: Game Day***

Board games, card games, puzzles, and so much more. Come on out, have some fun, laugh a little, and get to know some folks; its good for the soul!

***Wednesdays, November 7, 14, 21, 28- (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.

***Wednesday, November 7 (12:30-2:00) Movie (TBA)***

Grab a friend and come relax, have some popcorn, and watch a flick. Check our Facebook page the week prior to see what movie we'll be watching.

***Wednesday, November 14 (12:30-2:00) Trivia with John***

Get your thinking caps ready and join us in some trivia! Prizes for the winner!

***Wednesday, November 21 (12:30) Celebrating Food- Cranberries!***

This month's featured food is **cranberries**! Please bring in a dish to share that highlights cranberries and be sure to bring in the recipe too.

***Wednesday, November 21 (12:30-2:00) Painting with Geri Haines***

Join us and Geri will show you how to create some amazing art pieces.

***Wednesday, November 6, 14 (10:00-11:30) Craft Class***

This month we will be creating ragged wreaths and designer bowls! These pieces are easy to make, but so pretty that your friends wont believe you made them.

***Wednesday, November 28 (11:30-12:30) Special Lunch "Soups On"***

With the cold weather coming, it's the comfort foods like "soup" that help keep you warm. Several varieties of home made soups and breads will be served in some very unique bowls designed by our seniors.

***Thursdays, November 1, 8, 15, 29 (9:00-10:00) 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, November 1, 8, 15, 29 (10:00- 11:30) Knitting with Nancy***

Do you love to knit or would you like to learn? Nancy can help you with that. If you crochet, needlepoint or stitch, whatever your hobby is, bring it with you and join Nancy at the crafting circle!

***Thursday, November 15 (10:30) Blood Pressure Clinic***

The Pomfret Senior Center offers free Blood Pressure Screening starting at 10:30am. Please stop by to have your blood pressure checked, catch up with some old friends as well as make a few new ones.

***Thursday, November 15 (12:30-2:00) Bingo***

Yes, we have prizes! No dobbers needed, just bring yourself and a friend and join us for some Bingo.

***Thursday November 1 (1:00-2:00) Senior Center Book Club***

Everyone loves a good read. A book will be chosen for the month's read and then a group discussion at the end of the month. All books are free and available at the Pomfret Library.

***Thursday, November 8 (12:30-2:00) HONORING OUR VETERANS***

To our Veterans, we cordially invite you to join us on this special day. The Homeschooling Community would like to pay tribute to you for your service and dedication to our country.



**November 2018**



# **The Pomfret Senior Center Newsletter**

**207 Mashamoquet Road, Pomfret, CT 06259**



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