



October 2018

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 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	3 9:00-10:00 Chair Yoga 10:30-11:30 Craft Class: Fall Wreaths 12:30-1:30 Bingo	4 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 12:30-1:30 Tie Dye	5
8	9 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	10 9:00-10:00 Chair Yoga 12:30-1:30 Flowers with Kathy L	11 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 12:30-1:30 Game Day: Family Feud	12
15	16 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	17 9:00-10:00 Chair Yoga 10:15-11:30 Trivia w/ prizes 12:30-1:00 Sr. Resource Presen- tation: Home Instead	18 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 10:30– Blood Pressure Clinic 11:30-2pm Movie TBA	19
22	23 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	24 9:00-10:00 Chair Yoga 12:30-1:30 Crafting Class: Rope Baskets	25 9:00-10:00 Qi Gong 10:00-11:30 Knitting with Nancy 12:30-1:30 Celebrating Foods-Pumpkins 12:30-1:30 Pumpkin Carving	26
29 	30 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	31 9:00-10:00 Chair Yoga 1:00-2:00 First Aid with Chelsea		



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

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TEEG: 860-923-3458
E-mail: seniorcenter@teegonline.org

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