

Pomfret Senior Center

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October 2018

Tuesday, October 2, 16, 30– 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, October 2, 9, 16, 23, 30– 9:00-10:00-Tai Chi with Kim

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

Tuesdays: October 2, 9, 16, 23, 30– Walking Club

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

Tuesdays: Oct 2, 9 16, 23, 30: Game Day

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

Wednesdays, October 3, 10, 17, 24, 31- 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, Oct 3, 30-12:30-Bingo!

Yes, we have prizes! Bring your dobbers and join us for some Bingo.

Wednesday, October 17– 12:30– Trivia with Dan and Betty

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

Thursdays, October 4, 11, 18, 25– 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, October 4, 11, 18, 25– 10:00– 11:30am– Knitting with Nancy

Do you love to knit or would 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!

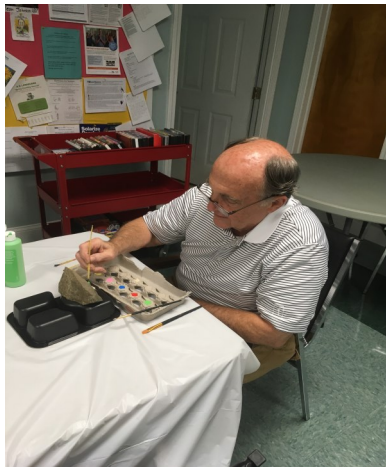
Thursday, October 18– 10:30– Blood Pressure Clinic

The Pomfret Senior Center will be offering 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, October 25– 12:30– Celebrating Food– Pumpkins!

This month's featured food is **PUMPKINS!** Please bring in a dish that highlights pumpkins to share along with the recipe.

New this month: We've started a crafting class! Here are some cool crafts we will be doing!! Tie Dye, Fall Wreaths, Rope Baskets, Floral arrangements, Pumpkin Carving, And that's just this month. Check out the calendar for days and times.



860 ROCK Project

Here are some pictures of the cool rocks created in one of the craft classes.

Programming at the Pomfret Senior Center is funded in part by Senior Resources with Title III Funds through the Older Americans Act

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