



September 2018

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:00-11:30– Chair Caning 10:30- Tai Chi 12:30– Movie– TBD	5 9:00-10:00– Chair Yoga 10:30– Walking Club	6 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Crafting w/ Nancy	7
10	11 10:30- Tai Chi 12:30– Trivia With John	12 9:00-10:00– Chair Yoga 10:30– Walking Club 12:00-2:00– Flu Clinic with Stop and Shop	13 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Crafting w/ Nancy	14
17 	18 9:00-11:30– Chair Caning 10:30– Tai Chi 12:30– Movie– TBD	19 9:00-10:00– Chair Yoga 10:30– Walking Club 12:30– Retired Senior Volunteer Program Presentation with Robin Lynch	20 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Crafting w/ Nancy 10:30– Blood Pressure Clinic	21
24	25 10:30– Tai Chi 12:30– Bingo	26 9:00-10:00– Chair Yoga 10:30– Walking Club	27 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Crafting w/ Nancy 12:30– Celebrating Food-Apples!	28 



Pomfret Senior Center
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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**