

# Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT



## **Tuesday, September 4th, and 18th– 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, September 4th, 11th, 18th, and 25th – Tai Chi**

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

## **Wednesdays, September 5th, 12th, 19th, and 26th- 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.

## **Thursdays, September 6th, 13th, 20th, and 27th– 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, September 6th, 13th, 20th, and 27th– 10:00– 11:30am- Crafting with Nancy**

Do you love to craft? Maybe you enjoy knitting or crocheting? Maybe you like needlepoint or stitching? Whatever your hobby is bring it with you and join Nancy for a crafting session!

## **Tuesday, September 11th– 12:30– Trivia with John**

Get your thinking caps ready and join us in some trivia!

## **Wednesday, September 12th– 12:00-2:00– Flu Clinic with Stop and Shop**

Join staff from Stop and Shop and beat the flu season by getting your flu shot!

## **Wednesday, September 19th– 12:30– Robin Lynch– Retired Senior Volunteer Program (RSVP)**

Did you know that RSVP is one of the largest volunteer networks in the nation for people 55 and over? Join Robin as she talks about the ways you can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community.

## **Thursday, September 20th– 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, September 27th– 12:30– Celebrating Food– Apples!**

This month's we will feature apples! Please bring in a dish that highlights apples to share along with the recipe.

September 2018





Wendy showing off some childhood napkin holders

Joyce showing a dress that she wore 50+ years ago when she went square dancing at the Coventry Whirl Away with her husband.

## Heirlooms and Basket Weaving at the Senior Center!



Nancy with one of her crocheting creations



Joe Doran with his hand woven baskets

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

Pomfret Senior Center  
c/o Pomfret Town Hall  
5 Haven Rd.  
Pomfret Center, CT 06259  
Phone: 860-928-7459  
TEEG: 860-923-3458