

Pomfret Senior Activity Calendar

~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Center Open 12-5 DOMINOES	2 9:30-12 QUILTING Open Sew Center Closed DKH Walking Meet @Mashamoquet State Park at 10:00 a	3 Center Closed Key Gym 10 - Noon 6-8:30 pm Quilting Open Sew	4
5	6 Center Closed Key Gym 10 - Noon Food Pantry 5:30-6:30	7 Sr. Association Noon - 2 Center Open 2-5 2:30 BINGO	8 Center Open 12-5 DOMINOES 2:00 Movie: "FROZEN"	9 9:30-12 QUILTING Celtic Class #3 of 3 Center Closed DKH Walking Meet @Mashamoquet State Park at 10:00 a	10 Center Closed Key Gym 10 - Noon 6-8:30 pm Quilting Celtic Class #3 of 3	11 10-2 Quilting for Community Service
12	13 Center Closed Key Gym 10 - Noon Food Pantry 5:30-6:30	14 Food Pantry 11:30-12:30 Center Open 12-5 12:00 TEEG "Financial Abuse Prevention" 2:30 BINGO	15 9 am Fitness Class Center Open 12-5 DOMINOES 1:30 TRIVIA	16 9:30-12 QUILTING Open Sew Center Closed DKH Walking Meet @Mashamoquet State Park at 10:00 a	17 Center Closed Key Gym 10 - Noon AARP 10-2 6-8:30 pm Quilting Open Sew	18
19	20 Center Closed Key Gym 10 - Noon Food Pantry 5:30-6:30	21 Food Pantry 11:30-12:30 Center Open 12-5 12:00 TEEG "Elder Law: Focus on Health Proxies" 2:30 BINGO	22 9 am Fitness Class Center open 12-5 DOMINOES 2:00 Movie: ""GOODWILL HUNTING""	23 9:30-12 QUILTING (Holiday Table Runner) Center Closed DKH Walking Meet @Mashamoquet State Park at 10:00 a	24 Center Closed 6-8:30 pm Quilting (Holiday Table Runner)	25
26	27 Center Closed Key Gym 10 - Noon Food Pantry 5:30-6:30	28 Food Pantry 11:30-12:30 Center Open 12-5 12:00 TEEG "Keeping Your Medication Safe" 1:30 Blood Pressure 2:30 BINGO	29 9 am Fitness Class Center Open 12-5 DOMINOES	30 9:30-12 QUILTING Open Sew Center Closed DKH Walking Meet @Mashamoquet State Park at 10:00 a	31 Center Closed 6-8:30 pm Quilting Open Sew	Notes:

Pomfret Senior Activity Calendar

The Center will be open on Tuesday and Wednesday from noon until 5 pm, except the first Tuesday of the month when it opens at 2 pm. The Center is closed on Monday, Thursday and Friday, except as noted.

Tuesday, October 7TH 12-2 Pomfret Senior Association Meeting / Lunch

Wednesdays at 9am...Pomfret Fitness Class w/Terry Viani.....beginning October 15th \$14.00 for 8 weeks

DKH Walking Champs...meet every Thursday morning at Mashamoquet State Park 10:00 am

Learn at Lunch 12:00- sponsored by TEEG; every Tuesday of the month except the first Tuesday

Key Gym: Pomfret Seniors are invited to exercise at no cost at Pomfret's Key Gym location from 10:00 to noon on Mondays and Fridays.

"Pomfret's In Stitches" Quilting, Knitting, Crochet- Thursday morning from 9:30-12 am, Friday evenings from 6-8:30 pm and 2nd Saturdays Community Service Quilting. October 23rd or 24th (Holiday Table Runner) Only \$5.00 for most quilting lessons per class. See Events Board for new classes or call Susan LaRose at 860-974-0494. Folks are encouraged to join us and do their own kind of "stitching".

Cards, Games & Good Company -As always, card games are extremely popular, along with jigsaw puzzles, Mexican Train Dominoes (very popular!!), Crokinole (when available) and just plain socializing.

Bingo for Fun: Bingo is still a big draw with everyone having a fun time. John Carter calls the games and seems to come up with a new game every week or so.

Wednesday Afternoon Movies: A movie will be shown on the 2nd and 4th Wednesday at 2:00 pm. Movies are chosen with input from seniors. Make your suggestions known and join the fun. Selections are shown if available and are posted on the Senior Center Activity Calendar.

Free Blood Pressure Clinic with DKH's Judith Hansen: 1:30pm on Tuesday, October 28th

Seniors, please stop in to see what is going on and join in the activities. Sign up for a class or event on the bulletin board. If you have any class or program ideas, we would love to hear about them and will try to set them up for all to enjoy.

Northeastern CT Transit District Call for a ride! 860-774-3902 Web Site: www.NECTD.org e-mail: rides@nectd.org

Closings / Inclement weather: If Pomfret Community School is closed, the Center will also close.
Listen to WINY: 1350 AM