

Pomfret Senior Activity Calendar

April 2014

NEW Hours: 12-5 Tuesdays and Wednesdays Phone: 860-928-7459

		1 Sr. Association Mtg. Brown Bag Luncheon 12:00-2:00	2 Senior Fitness Class 9 - 10 am	3 CENTER CLOSED QUILTING CLASS (Paper Piecing) 9:30-12 noon	4 CENTER CLOSED Key Gym 10 - Noon OPEN SEW 6pm-8:30	5
6	7 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	8 Food Pantry 11:30-12:30 TEEG Learn @ Lunch 12:00-2:00 NAMI Presentation	9 Senior Fitness Class 9 - 10 am AARP Safe Driving Class 10-2	10 CENTER CLOSED OPEN SEW 9:30-12 noon	11 CENTER CLOSED Key Gym 10 - Noon QUILTING CLASS (String Piecing) 6pm-8:30	12
13	14 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	15 Food Pantry 11:30-12:30 TEEG Learn @ Lunch 12:00-2:00 Summer Food Bike Challenge & Community Garden Blood Pressure Clinic 1:30	16 Senior Fitness Class 9 - 10 am	17 CENTER CLOSED QUILTING CLASS (Paper Piecing) 9:30-12 noon	18 CENTER CLOSED Key Gym 10 - Noon GOOD FRIDAY	19
20	21 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	22 Food Pantry 11:30-12:30 TEEG Learn @ Lunch 12:00-2:00 Quiet Corner Acupuncture Blood Pressure cks, 1:30	23 Senior Fitness Class 9 -10 am	24 CENTER CLOSED OPEN SEW 9:30-12 noon	25 CENTER CLOSED Key Gym 10 - Noon QUILTING CLASS (String Piecing) 6pm-8:30 pm	26
7	28 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	29 Food Pantry 11:30-12:30 TEEG Learn @ Lunch 12:00-2:00 The Last Green Valley	30 Senior Fitness Class 9 - 10 am	Notes: TEEG : Tuesday & Wednesday 10-12 for benefit counseling And by appt. (at Sr. Center) Call 860-923-3458 WWW.POMFRETCT.GOV		

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The Center will be open on Tuesday and Wednesday from noon until 5 pm.

The Center is closed on Monday, Thursday and Friday.

On Going Programs:

Pomfret Senior Association meets the first Tuesday of each month for lunch and a business meeting. April is a Brown Bag Luncheon.

Learn at Lunch sponsored by TEEG is every Tuesday of the month after the first Tuesday: Tuesdays, April 8, 15, 22 and 29 All at 12:00

Senior Fitness Class: Every Wednesday w/Terry Viani 9-10 am.

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.

Quilting, Knitting, Crochet- Thursday morning from 9:30-12 am and Friday evenings from 6-8:30 pm There are two new quilting classes that started on Thursday, March 20th from 9:30am-noon (Paper Piecing) and Friday eves, March 28th (String Piecing)) from 6:00-8:30pm. 'Open Sew' alternates weeks and folks are encouraged to join us and do their own kind of "stitching". Only \$5.00 for quilting lessons per class. Look for details at the Center or call Susan LaRose at 860-974-0494.

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

Free Blood Pressure Clinic with DKH's Judith Hansen: 1:30pm on Tuesday, April 15th, May 27th, and June 24th.

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