

Pomfret Senior Activity Calendar

April 2014

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

6	7	8	9	10	11	12
CENTER CLOSED	Food Pantry 11:30-12:30	Senior Fitness Class 9 – 10 am	Senior Fitness Class 9 – 10 am	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
Key Gym 10 - Noon	TEEG Learn @ Lunch 12:00-2:00	AARP Safe Driving Class 10-2	AARP Safe Driving Class 10-2	Open Sew 9:30-12 noon	Key Gym 10 - Noon	Key Gym 10 - Noon
Food Pantry Open 5:30-6:30	NAMI Presentation Bingo for Fun 2:30	Movie @ 2:30 "Awakenings"	Movie @ 2:30 "Awakenings"		Quilting Class (String Piecing) 6-8:30 pm	Quilting Class (String Piecing) 6-8:30 pm
13	14	15	16	17	18	19
CENTER CLOSED	CENTER CLOSED	Food Pantry 11:30-12:30	Senior Fitness Class 9 – 10 am	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
Key Gym 10 - Noon	Key Gym 10 - Noon	TEEG Learn @ Lunch 12:00-2:00 - Summer Food, Bike Challenge & Community Garden	Senior Fitness Class 9 – 10 am	Quilting Class (Paper Piecing) 9:30-12 noon	Key Gym 10 - Noon	Key Gym 10 - Noon
Food Pantry Open 5:30-6:30	Food Pantry Open 5:30-6:30	Blood Pressure Clinic 1:30 Bingo for Fun 2:30	Trivia @ 1:30		GOOD FRIDAY	
20	21	22	23	24	25	
CENTER CLOSED	CENTER CLOSED	Food Pantry 11:30-12:30	Senior Fitness Class 9 -10 am	CENTER CLOSED	CENTER CLOSED	
Key Gym 10 - Noon	Key Gym 10 - Noon	TEEG Learn @ Lunch 12:00-2:00 - Quiet Corner Acupuncture	Senior Fitness Class 9 -10 am	Open Sew 9:30-12 noon	Key Gym 10 - Noon	
Food Pantry Open 5:30-6:30	Food Pantry Open 5:30-6:30	Bingo for Fun 2:30	Movie @12:30 "The Best Years of Our Lives"		Quilting Class (String Piecing) 6-8:30 pm	
28	29	30				
CENTER CLOSED	Food Pantry 11:30-12:30	Senior Fitness Class 9 – 10 am				
Key Gym 10 - Noon	TEEG Learn @ Lunch 12:00-2:00 -The Last Green Valley	Senior Fitness Class 9 – 10 am				
Food Pantry Open 5:30-6:30	Bingo for Fun 2:30					

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.

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 12:30 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, 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