

August 2014

POMFRET SENIOR ACTIVITY CALENDAR

Phone: 860-928-7459

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Remember when we were kids we wanted to grow up? What were we thinking!			1 CENTER CLOSED 10-12 Key Gym 6:30-8:30p Open Sew	2
3	4 CENTER CLOSED Food Pantry 5:30 – 6:30 pm	5 Food Pantry 11:30-12:30 Senior Association Lunch & Meeting @ noon 2:30 pm BINGO for fun	6 9 -10 am Senior Fitness Class Games and Dominos	7 CENTER CLOSED 10 am DKH Walking Meet @Mashamoquet State Park Open Sew 9:30-12 noon	8 CENTER CLOSED 10-12 Key Gym 6:30-8:30 pm Open Sew	9 10-2 QUILTING for "QUILTS OF VALOR" and other causes
10	11 CENTER CLOSED Food Pantry 5:30 – 6:30 pm	12 CENTER CLOSED Republican Primary Voting Location 6am 8 pm Food Pantry 11:30-12:30 Senior Lunch / BBQ held @TEEG in Thompson, noon Dominos after lunch	13 9-10 am Senior Fitness Class 12:30 MOVIE: "How To Train Your Dragon" Dominos	14 CENTER CLOSED 10 am DKH Walking Meet @Mashamoquet State Park Open Sew 9:30-12 noon	15 CENTER CLOSED 10-12 Key Gym 6:30-8:30 pm Open Sew	16
17	18 CENTER CLOSED Food Pantry 5:30 – 6:30 pm	19 Food Pantry 11:30-12:30 12 pm Learn @ Lunch "Roots of Rock & Roll" 2:30 BINGO for fun	20 1:30 Trivia w/J. Carter Dominos	21 CENTER CLOSED 10 am DKH Walking Meet @Mashamoquet State Park Open Sew 9:30-12 noon	22 CENTER CLOSED 10-12 Key Gym 6:30-8:30 pm Open Sew	23
24/31	25 CENTER CLOSED Food Pantry 5:30 – 6:30 pm	26 Food Pantry 11:30-12:30 12 pm Learn@Lunch "Staying Connected w/ Social Media"	27 12:30 Movie: "Walk the Line" (the life of Jonny Cash)	28 CENTER CLOSED 10 am DKH Walking Meet @Mashamoquet State Park Open Sew 9:30-12 noon	29 CENTER CLOSED 10-12 Key Gym 6:30-8:30 pm Open Sew	30

POMFRET SENIOR ACTIVITY CALENDAR

Phone: 860-928-7459

The Center is open on Tuesday and Wednesday from noon until 5 pm
and closed on Monday, Thursday and Friday.

TUESDAY, AUGUST 12 The Center is Closed due to the building being used as a voting location for the Republican Primary.

Pomfret Senior Association: Meets the first Tuesday for a lunch meeting at noon.

Tuesday August 12 The TEEG SENIOR BBQ will be held at TEEG in Thompson ...ALL WELCOME. Noon. No charge.

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

Learn at Lunch sponsored by TEEG is every Tuesday of the month except the first Tuesday. Lunch is at 12:00 followed by a speaker.

Senior Fitness Class: Taught by Terri Viani. See Calendar for August Dates in August.

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, Friday evenings from 6-8:30 pm and 2nd Saturdays. We will have 'Open Sew' throughout the Summer and the 2nd Saturday of each month, Quilting for Quilts of Valor and other causes. Also, try one of our skill building classes. New classes starting in the Fall. 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, August 22nd.

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