

# POMFRET SENIOR CENTER ACTIVITY CALENDAR

Phone: 860-928-7459

## ~ July 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Where liberty dwells, there is my country. ~Benjamin Franklin	<b>1</b> Seniors Picnic 12:00  Bingo for Fun 2:30	<b>2</b> Senior Fitness Class 9 - 10 am  DOMINOES	<b>3</b> CENTER CLOSED Open Sew 9:30-12 noon  DKH Walking Program, meet @Mashamoquet State Park at 10a	<b>4</b>   I love my freedom. I love my America. ~Jessie Lane Adams	<b>5</b>
<b>6</b>	<b>7</b> CENTER CLOSED Key Gym 10 - Noon  Food Pantry 5:30-6:30	<b>8</b> Food Pantry 11:30-12:30 TEEG Learn@Lunch 12-2:15 “- Learn how to get the most out of your smartphone or tablet” Bingo for Fun 2:30	<b>9</b> Senior Fitness Class 9 - 10 am  Movie @12:30 “12 Years A Slave”  DOMINOES	<b>10</b> CENTER CLOSED Open Sew 9:30-12 noon Skill Building/Appliqué  DKH Walking Program, meet @Mashamoquet State Park at 10a	<b>11</b> CENTER CLOSED Key Gym 10 - Noon  Quilting: Skill Building/Appliqué 6 -8:30 pm	<b>12</b> 10-2 QUILTING for “QUILTS OF VALOR” and other causes
<b>13</b>	<b>14</b> CENTER CLOSED Key Gym 10 - Noon  Food Pantry 5:30-6:30	<b>15</b> Food Pantry 11:30-12:30 TEEG Learn@Lunch 12-2:15 “CT Audubon Society -bird behaviors & amazing bird walks in our area” Bingo for Fun 2:30	<b>16</b> Senior Fitness Class 9 - 10 am  Trivia @ 1:30  DOMINOES	<b>17</b> CENTER CLOSED Open Sew 9:30-12 noon  DKH Walking Program, meet @Mashamoquet State Park at 10a	<b>18</b> CENTER CLOSED Key Gym 10 - Noon  Open Sew 6 -8:30 pm	<b>19</b>
<b>20</b>	<b>21</b> CENTER CLOSED Key Gym 10 - Noon  Food Pantry 5:30-6:30	<b>22</b> Food Pantry 11:30-12:30 TEEG Learn@Lunch 12-2:15 “All about Social Security the ins and outs & program services” Blood Pressure 1:30 Bingo for Fun 2:30	<b>23</b> Senior Fitness Class 9 - 10 am  Movie @12:30 “Captain Philips”  DOMINOES	<b>24</b> CENTER CLOSED Open Sew 9:30-12 noon  DKH Walking Program, meet @Mashamoquet State Park at 10a	<b>25</b> CENTER CLOSED Key Gym 10 - Noon  Open Sew 6 -8:30 pm	<b>26</b>
<b>27</b>	<b>28</b> CENTER CLOSED Key Gym 10 - Noon  Food Pantry Open 5:30-6:30	<b>29</b> Food Pantry 11:30-12:30 TEEG Learn@Lunch 12-2:15 “Nutrition for Diabetes: managing and maintaining a healthy and delicious diet”. Bingo for Fun 2:30	<b>30</b> Senior Fitness Class 9 - 10 am  DOMINOES/Games	<b>31</b> CENTER CLOSED DKH Walking Meet @Mashamoquet State Park at 10:00 am Open Sew 9:30-12 noon		

## POMFRET SENIOR CENTER ACTIVITY CALENDAR

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

*The Center is Center Closed on Monday, Thursday and Friday.*

**TUESDAY, JULY 1st...SENIORS PICNIC...ALL WELCOME...BRING A DISH...BURGERS & HOTDOGS PROVIDED**

**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: Tuesdays, JULY 8, 15, 22 & 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, Friday evenings from 6-8:30 pm and 2<sup>nd</sup> Saturdays. We will have 'Open Sew' throughout the Summer and beginning June 14<sup>th</sup> (2<sup>nd</sup> Saturdays), the Quilts of Valor and quilting for other causes will begin. 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 2<sup>nd</sup> and 4<sup>th</sup> 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, JULY 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](http://www.NECTD.org) e-mail: [rides@nectd.org](mailto:rides@nectd.org)**

**Closings / Inclement weather: If Pomfret Community School is closed the Center will also close.**

**Listen to WINY : 1350 AM**