

September 2014
POMFRET SENIOR ACTIVITY CALENDAR
Phone: 860-928-7459

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day "By the time you make ends meet, they change the ends."	2 Pomfret Senior Association Meeting -Noon to 2:00 Bingo for Fun: 2:30 P Games - Dominos	3 Dominos Wii Games: Golf and Bowling	4 Center Closed 10a DKH Walking at Mashamoquet State Park 9:30 - 12 noon Open Sew	5 Center Closed 10-12 Key Gym 6p-8:30 Open Sew	6
7	8 Center Closed Food Pantry open 5:30 - 6:30 P	9 Food Pantry open 11:30 - 12:30 TEEG Learn and Lunch, Noon "Local Indian Artifacts" Bingo for Fun: 2:30 P Games - Dominos	10 2:30 MOVIE "The Book Thief" Games - Dominos	11 Center Closed 10a DKH Walking at Mashamoquet State Park 9:30 - 12 noon Open Sew	12 Center Closed 10-12 Key Gym 6p-8:30 Open Sew	13 10-2 QUILTING for Quilts of Valor and other causes
14	15 Center Closed Food Pantry open 5:30 - 6:30 P	16 Food Pantry open 11:30 - 12:30 TEEG Learn and Lunch, Noon. "TVCCA Senior Volunteer Services" Bingo for Fun 2:30 P Games - Dominos	17 2:30 TRIVIA w/ JOHN CARTER Games - Dominos	18 Center Closed 10a DKH Walking at Mashamoquet State Park 9:30 - 12 noon Open Sew	19 Center Closed 10-12 Key Gym 6p-8:30 Open Sew	20
21	22 Center Closed Food Pantry open 5:30 - 6:30 P	23 Food Pantry open 11:30 - 12:30 TEEG Learn and Lunch, Noon. "Create and Sing on to Email" 2:30 BINGO for fun Games - Dominos	24 2:30 MOVIE "RAY" (Charles w/JamieFoxx) Games - Dominos	25 Center Closed 10a DKH Walking at Mashamoquet State Park 9:30 - 12 noon Open Sew	26 Center Closed 10-12 Key Gym 6p-8:30 Open Sew	27
28	29 Center Closed Food Pantry open 5:30 - 6:30 P	30 Food Pantry open 11:30 - 12:30 TEEG Learn and Lunch, Noon. "Page Chiropractic Health Center" "Free Spinal Checks" Bingo for Fun, 2:30 P Games - Dominos	NOTE: This month, we intended to show Robin Williams Movies, but there is a very long wait. We hope to show some next month.			

POMFRET SENIOR CENTER ACTIVITY CALENDAR

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In memory of Robin Williams, we will be showing some of his movies as they become available.

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.

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

Senior Fitness Class: No exercise classes in September

DKH Walking Champ: Meet every Thursday morning at Mashamoquet State Park 10:00 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 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!!), Wii bowling and golf, 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 2:30 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: 1:30 on Tuesday, August 22. Just drop in.

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