

POMFRET COMMUNITY/ SENIOR CENTER

SENIOR ACTIVITY CALENDAR

~ March 2015 ~

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Key Gym 10 - Noon Food Pantry 5:30-6:30	3 Center Open 12 – 5 12-2 Senior Association Meeting / Brown Bag Lunch 2:30 Bingo	4 Center Open 12 – 5 Dominos	5 9:30-12 QUILTING Tennessee Waltz	6 Key Gym 10 - Noon 6-8:30 pm Quilting Tennessee Waltz	7
8 DAYLIGHT SAVINGS TIME	9 Key Gym 10 - Noon Food Pantry 5:30-6:30	10 Center Open 12 – 5 Food Pantry 11:30-12:30 12:00 TEEG Learn @ Lunch "Aging Well" 2:30 Bingo	11 Center Open 12 – 5 Dominos 2:00 Movie "Renaissance Man"	12 9:30-12 QUILTING OPEN SEW	13 Key Gym 10 - Noon 6-8:30 pm Quilting Open Sew Corned Beef Dinner @ Seely Brown, See note on page 2.	14 COMMUNITY SEW (PILLOWCASES)
15	16 Key Gym 10 - Noon Food Pantry 5:30-6:30	17 St. Pat's Day! Center Open 12 – 5 Food Pantry 11:30-12:30 12:00 TEEG Learn @ Lunch "TEEG's Glimpse Ahead" 2:30 Bingo	18 Center Open 12 – 5 Dominos 1:30 Trivia	19 9:30-12 QUILTING Tennessee Waltz	20 Key Gym 10 - Noon 6-8:30 pm Quilting Tennessee Waltz	21
22	23 Key Gym 10 - Noon Food Pantry 5:30-6:30	24 Center Open 12 – 5 Food Pantry 11:30-12:30 12:00 TEEG Learn @ Lunch "Elder Law" 1:30 Blood Pressure cks 2:30 Bingo	25 Center Open 12 – 5 Dominos 2:00 Movie "The Jerk"	26 9:30-12 QUILTING OPEN SEW	27 Key Gym 10 - Noon 6-8:30 pm Quilting Open Sew	28
29 PALM SUNDAY	30 Key Gym 10 - Noon Food Pantry 5:30-6:30	31 Center Open 12 – 5 Food Pantry 11:30-12:30 12:00 TEEG Learn @ Lunch "The Railroad In NE CT" 2:30 Bingo	<p>Notes: Pomfret residents who have questions about social services, assistance programs or any of the information above, please go to www.TEEGonline.org, or call 860-923-3458. TEEG has a variety of supports to meet the needs of Pomfret residents of all ages.</p> <p>Don't forget to like us on FACEBOOK - facebook.com/TEEGOnline - for up to date information on TEEG programming!</p>			



Pomfret Senior Activity Calendar Notes:

It's a NEW Year! The Pomfret Community /Senior Center will be scheduling new programs and activities for the coming months. Let us know what you would like to see at your Senior Center.

Tuesday, March 3rd 12-2 Senior Association Meeting & Brown Bag Lunch



Friday, March 13, St' Pat's Corned Beef Dinner @ Seely Brown, Call Cathy Grant for reservations 860-928-2744. \$10 per person.



Learn at Lunch sponsored by TEEG; Tuesdays, 12:00- except the first Tuesday. Dates for March will be March 10th, 17th and 24th and 31st.

Cards, Games & Good Company -Card games are extremely popular, along with jigsaw puzzles, Mexican Train Dominoes and just plain socializing. Drop in and join us.

Bingo for Fun: Bingo is a big draw with everyone having a fun time.

Wednesday Afternoon Movies: A movie is usually shown on the 2nd and 4th Wednesday at 2:00 pm. Movies are chosen with input from seniors. Selections are shown if available.

Free Blood Pressure Clinic with DKH's Judith Hansen: March 24th at 1:30

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- "Pomfret's In Stitches" Thursday morning from 9:30-12 am, Friday evenings from 6-8:30 pm and 2nd Saturdays Community Sew 10-2. Only \$5.00 for most quilting lessons per class. See Events Board for new classes or call Susan LaRose at 860-974-0494. Folks are encouraged to join us and do their own kind of "stitching". Beginning February 5th and 6th, new class will be "Tennessee Waltz", 2 classes in February and 2 in March alternating with Open Sew.

Seniors, in the next few months, your input would be useful to set up monthly activities. If you have ideas for classes or programs, we would love to hear from you ! Please share your thoughts with any TEEG representative.

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

Just a reminder: As of January 2015 annual membership dues of \$5 must be paid to Pomfret Senior Association. Dues can be paid directly to the Pomfret Senior Association or mailed to Pomfret Senior Association, Pomfret Town Hall, 5 Haven Rd., Pomfret Center, CT 06259