



April 2017

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
Birthdays: Pat A. Karen R. Jim K. Judy M.				
3	4 10:30 - Tai Chi 11:00- Activity Planning Mtg	5 12:15- Movie- "San Andreas"	6 10:30 - Yoga with Anne 12:30- Bingo	7
10	11 10:30- Tai Chi 12:30- Trivia	12 12:30- Bingo	13	14
17	18 10:30- Tai Chi	19 10:30- Guided Meditation w/ Barbara 12:15- Movie- "On Golden Pond"	20 10:00- Blood Pressure Clinic	21
24	25 10:30- Tai Chi 12:30- Heirlooms	26 12:30- Bingo	27	28



Pomfret Senior Center
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 Pomfret Center, CT 06259

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*** Lunch is served at 11:30 daily**

*** Details on all programs and activities are available in the Newsletter**