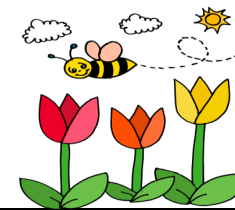




April 2018

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
2 Birthdays: Jim K. Judy M. Karen R. Pat B.	3 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office	4 9:00-10:00– Chair Yoga w/Mary Anne 10:30– Walking Club 12:15– Movie- “True Grit”	5 9:00-10:00– Qi Gong with Nick 10:00– Knitting & Crocheting with Nancy 12:00– Birthday Celebration	6
9	10 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office	11 9:00-10:00– Chair Yoga w/Mary Anne 10:30– Walking Club 12:30– Bingo	12 10:00– Knitting & Crocheting with Nancy 12:30– Wii Golf/Bowling	13
16	17 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office 12:30– Trivia with John	18 9:00-10:00– Chair Yoga w/Mary Anne 10:30– Walking Club 12:15– Movie- “DunKirk”	19 10:00– Knitting and Crocheting with Nancy 10:30– Blood Pressure Clinic 12:30– Gardening Discussion with Jim	20 
23 	24 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office	25 9:00-10:00– Chair Yoga w/ Mary Anne 10:30– Walking Club 12:30– Bingo	26 10:00– Knitting and Crocheting with Nancy 4:00-5:00– Activity with FRESH	27



Pomfret Senior Center
 207 Mashamoquet Rd.
 Pomfret Center, CT 06259

Phone: 860-928-7459
 TEEG: 860-923-3458
 E-mail: jimj@teegonline.org

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

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