

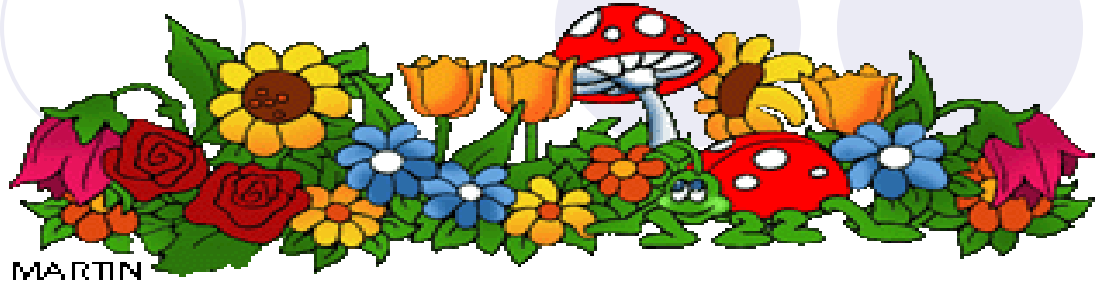
# Pomfret Senior Center

## April 2018

### Ongoing Programs

- Tai Chi on Tuesdays at 10:30
- Chair Caning- Tuesdays from 9:00-11:00 @TEEG
- Walking Club- Wednesdays at 10:30

207 Mashamoquet Rd. Pomfret Center



### April Events/Activities



**Tuesdays, April 3rd, 10th, 17th and 24th- 9:00-11:30- Chair Caning Discussion with Joe Doran at TEEG Office**

Join Joe Doran from the Lisbon Senior Center as he engages participants in caning chairs. Rolling enrollment available

**Wednesdays, April 4th, 11th, 18th and 25th- 9:00-10:00- Chair Yoga with Maryanne**

Join us for a brand new offering at the Senior Center- Chair Yoga. Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Try the first class on March 7th for free, there will be a suggested donation for subsequent classes.



**Wednesday, April 4th- 12:30- Movie- "True Grit"-**

A stubborn teenager enlists the help of a tough U.S. Marshal to track down her father's murderer.

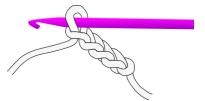
Stars: Jeff Bridges, Matt Damon, Josh Brolin

**Thursday, April 5th- 9:00-10:00am- Qi Gong with Nick Beams**

Join us for an introductory demo to Qi Gong. Nick Beams will be instructing an introductory class, with the hope of offering a weekly or monthly class depending on level of interest. Great way to get your daily dose of exercise and keep those muscles strong!

**Thursday, April 5th, 12th, 19th and 26th- Crocheting with Nancy**

Are you interested in learning how to crochet? Maybe you would like to make a nice blanket, or hat for someone you love. Then come learn the basics of how to crochet with Nancy. Please bring your own crochet hooks if you have them. Hooks will be available if needed.



**Wednesday, April 18th- 12:30- Movie- "Dunkirk"**

Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.

Stars: Fionn Whitehead, Barry Keoghan, Mark Rylance

**Thursday, April 19th- 10:30- Blood Pressure Clinic**

The Pomfret Senior Center will be offering a free Blood Pressure Screening starting at 10:00am.

Please stop by to have your blood pressure checked, catch up with some old friends, as well as make a few new ones.



**Thursday, April 19th- 12:30- Gardening with Jim**

Join Jim as he facilitates a discussion about gardening. Participants will be able to start a few herbs/vegetables to take home. Seeds and materials will be provided.



**Pomfret Senior Center**

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