



August 2018 Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
Birthdays: Joyce B John C		1 9:00-10:00– Chair Yoga 10:30– Walking Club 12:30– Bingo	2 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy	3
6	7 9:00-11:30– Chair Caning 10:30- Tai Chi	8 9:00-10:00– Chair Yoga 10:30– Walking Club 12:15– Movie- “The Post”	9 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy	10
13	14 10:30- Tai Chi 12:30– Trivia With John	15 9:00-10:00– Chair Yoga 10:30– Walking Club 12:30– Bingo **Woodstock Celebration/ Brownie Bake-off	16 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy	17
20	21 9:00-11:30– Chair Caning 10:30– Tai Chi 12:30– Senior Resources– Who’s in your wallet?	22 9:00-10:00– Chair Yoga 10:30– Walking Club 12:15– Movie- “Olympus has Fallen”	23 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy	24
27	28 9:00-11:30– Chair Caning 10:30– Tai Chi 12:30– Heirlooms	29 9:00-10:00– Chair Yoga 10:30– Walking Club 12:30– Bingo	30 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy 11:30– Labor Day Cookout/Pot Luck	31



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

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