



# August 2018 Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Birthdays:</b> 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



Pomfret Senior Center  
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**\* Lunch is served at 11:30 daily**

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