

Pomfret Senior Center

August 2018



207 Mashamoquet Rd. Pomfret Center

August Events/Activities



Tuesdays, August 7th, 14th, 21st, 28th– Tai Chi

Tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance.

Wednesdays, August 1st, 8th, 15th, 22nd, 29th- 9:00-10:00– Chair Yoga with Marianne

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. Suggested donation.

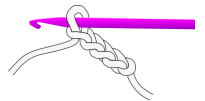


Thursdays, August 2nd, 9th, 16th, 23rd, 30th– 9:00-10:00am– Qi Gong with Nick Beams

Join Nick as he instructs Qi-Gong– a great way to get your daily dose of exercise and keep those muscles strong!

Thursdays, August 2nd, 9th, 16th, 23rd, 30th– 10:00– 11:30am- 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, August 8th– 12:15– Movie- “The Post”

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.

Stars: Meryl Streep, Tom Hanks

Tuesday, August 21st– 12:30– Senior Resources– Who’s in Your Wallet?

Join us for a presentation by staff from Senior Resources as they talk about the kinds of scams and abuse that are directed towards seniors. Acquire the sort of know-how you can use to DEFEND YOURSELF!



Wednesday, August 22nd– 12:15– Movie- “Olympus has Fallen”

Disgraced Secret Service agent (and former presidential guard) Mike Banning finds himself trapped inside the White House in the wake of a terrorist attack; using his inside knowledge, Banning works with national security to rescue the President from his kidnappers.

Stars: Gerard Butler, Morgan Freeman, Aaron Eckhart



Thursday, August 30th– 11:30– Labor Day Cookout/Pot Luck

Enjoy the beautiful weather, and share a delicious pot luck meal!



Wednesday, August 15th– 12:30– Woodstock Celebration and Brownie Bake Off!

Come celebrate the 49th anniversary of the Woodstock music festival by wearing your tie dye shirt! There will also be a brownie bake-off! Bring your favorite recipe to share.

*****Please note that brownies must be family friendly and should not contain any additional ingredients...*****

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