

Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT

Aug. Events



Ongoing Programs:

- Tai Chi Continues on Tuesdays at 10:30.
- Our Walking Club meets at 10:30 on Wednesdays, come stroll the Airline Trail!
- Yoga is back for Aug. @ 1:00 on Thursday afternoons.
- BINGO, SETBACK & CRIBBAGE for your playing enjoyment and competitive spirit

Monday, Aug. 1st – 11:00 – 3:00 – Pomfret Senior Association June Meeting

The Pomfret Senior Association meets at the Pomfret Senior Center monthly. This group plans and runs social activities and trips for area seniors. We are having a picnic for the July 11th meeting. The Association will pay for hot dogs, hamburgers and rolls. Members please bring a dish to share and RSVP by June 28th to Gail 860-974-0426. Non Members are most welcome and the charge will be \$5.00. August 17th is a picnic to Harkness Park, bring your own lunch. Grills are available if you like. Beautiful flowers and an ocean walk on beach. We will not be swimming. All trips are dependent on carpooling.

Tuesday, Aug. 2nd – 1:00 - Senior Center Activity Planning Meeting

Help steer the activities at the center! Bring your ideas and help plan the activities at the center in the coming months!

Wednesday, Aug. 3rd - 12:15 - Birthday Celebration – Following Lunch

Joyce B. & John C. have birthdays in July...do you? Come celebrate with us! Cake and a song will help us celebrate July birthdays! If you would like to add your birthday to the list, please see Jim Jutras.

Tuesday, Aug. 9th - 12:30 – Craft - Flower Arranging w/Kathy

Spend some time with Kathy to create your own flower arrangement for your home. You will be working with fresh flowers grown locally at Woodstock Farms. (no cost this activity, but a small donation would be appreciated)

Wednesday, Aug. 10th – 10:30 – Chiropractic Presentation

Come and join Sarah Arpin a representative from *Back & Body Chiropractic*, in Dayville. She will be offering a presentation at the senior center on August 10th at 10:30am. The focus of the presentation will be on what chiropractic is and the many benefits of it.



Wednesday, Aug. 10th – 12:15 - Movie – “The Gift “

A woman with extrasensory perception is asked to help find a young woman who has disappeared.

Stars: Cate Blanchett, Katie Holmes, Keanu Reeves

Thursday, Aug. 11th – 10:30 – Book Club – “Can’t Wait to Get to Heaven”

A novel by Fannie Flagg; Combining southern warmth with unabashed emotion and side-splitting hilarity, Fannie Flagg takes readers back to Elmwood Springs, Missouri, where the most unlikely and surprising experiences of a high-spirited octogenarian inspired a town to ponder the age-old question: Why are we here?

Tuesday, Aug. 16th - 12:30 – Raspberry Knoll

Raspberry Knoll Farm - A family-run farm & farm stand that is the premier source of pick-your-own raspberries in northeastern Connecticut. A relaxing place to stroll amongst the many varieties of flowers, fruits and veggies. Cut-your-own flowers, cut-your-own herbs and pick-your-own blueberries are also available. Located on 163 No. Windham Rd., No. Windham, Ct. You are responsible for your own transportation. We will be leaving the senior center at 12:30p.

Wednesday, Aug. 20th – 11:30 – Woodstock “1969” Festival Celebration

Break out your Tie Dye shirts, splash on your Patchouli, put a flower in your hair, and join us on August 17th for the 47th anniversary of the Woodstock Music Festival. A movie of the festival will be shown at 11:30 during lunch. A Woodstock trivia contest will occur at 1pm.

Thursday, Aug. 18th –10:30 – Guided Meditation

Meditation serves to relax, focus and clear the mind. Join Barbara Marston, MDiv for a session of relaxation and focus using guided meditation and breathing techniques.

Wednesday Aug. 31st – 12:30 - Movie – “Wild”

A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent personal tragedy. Stars: Reese Witherspoon, Laura Dern, Gaby Hoffmann

Thursday, July 28th –10:30 – Blood Pressure Clinic

The Pomfret Senior Center will be offering free Blood Pressure Screening starting at 10:30am.

Ocean Beach - New London, CT.

Ocean Beach – Join us on August 24th for a day in the sun on one of the loveliest beaches in the Northeast! Along the side of the boardwalk opposite the beach, you'll find all the rest Ocean Beach Park has to offer; A nature trail, a picnic area, pool, a gift shop, food and drink galore (with a sidewalk cafe kind of feel) and so much more. If you're interested in going, meet up at the senior center at 9:15. You are responsible for your own transportation.



Ongoing Programs:

Tai Chi Continues on Tuesdays at 10:30 / Our Walking Club meets at 10:30 on Wednesdays / Yoga will be every Thursday at 1:00 in August / BINGO will be held on the first Wednesday & TRIVIA on the fourth Tuesday in August.

Future Programs:

POMFRET'S IN STITCHES- A class to promote and teach the art and craft of quilt making. Classes will begin on Sept 2 and will continue to meet every Friday. From 9am-12pm, and 6pm-9pm. Beginners and drop ins are welcome. \$5 fee for most classes. For more information contact Nora at 860-974-2524 or lakesidequilts@charter.net. Open to all area towns.

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