Pomfret Senior Center Activity Calendar

General Hours: 12-4 pm Monday & Tuesday 12–6 pm Wed.*, Th., Fri

Hours vary with posted activities Phone: 860-928-7459

~ October 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **Sr. Association Mtg. 12:00 (Meatball Grinders $2.00 members only)** Cards/Games	2 Fitness Class 9am Croquet 9-1 **12-2 Milk Jug Skeletons (craft)** Dominoes 2:00 **Program Comm.Mtg. 9am @ Seely Brown**	3 **Quilting Class 9:30-12:00 $5.00** Bingo for Fun 1:30 Cards/Games	4 **Woodworking Class 9-1 $40.00** Croquet 9-1 Key Gym10am **Movie at 1:30 - "42"** **Quilting Class 6-8:30 $5.00**	5
6	7 Key Gym 10 am Food Pantry 5:30-6:30	8 **Sturbridge Village** Food Pantry 11:30-12:30 Cards/Games	9 Fitness Class 9am Croquet 9-1 Dominoes 2:00	10 Stitchers Gathering 9:30-12 Bingo for Fun 1:30 Cards/Games	11 Croquet 9-1 Key Gym10am **Oil Painting 9 am** **Movie at 1:30 "Skyfall"** **Stitchers Gathering $5.00**	12
13	14 **CLOSED** **COLUMBUS DAY**	15 **12:00** **TEEG Learn@Lunch "Influenza)** Cards/Games	16 Fitness Class 9am Croquet 9-1 **Trivia 1:30** Dominoes (after Trivia) **Sr. Advocate Commission Meeting 7pm @ Sr. Ctr.**	17 **Quilting Class 9:30-12:00 $5.00** Bingo for Fun 1:30 Cards/Games	18 Croquet 9-1 Key Gym10am **Movie at 1:30** **"Pretty Woman"** **Quilting Class** **Stitchers Gathering $5.00**	19
20	21 Key Gym 10 am Food Pantry 5:30-6:30	22 Food Pantry 11:30-12:30 Cards/Games	23 Fitness Class 9am Croquet 9-1 Dominoes 2:00	24 Stitchers Gathering 9:30-12 Bingo for Fun 1:30 Cards/Games	25 Croquet 9-1 Key Gym10am **Movie at 1:30** **"South Pacific"** **Quilting Class** **Stitchers Gathering $5.00**	26
27	28 Key Gym 10 am **Blood Pressure Checks 1:00** Food Pantry 5:30-6:30	29 **12:00** **TEEG Learn@Lunch "The Warning Signs of a Stroke"** Followed by **Pumpkin Carving** Cards/Games	30 Fitness Class 9am Croquet 9-1 Dominoes 2:00	31 **Quilting Class 9:30-12:00 $5.00** Bingo for Fun 1:30 Cards/Games	Notes: **TEEG every Tuesday & Wednesday 9-:** **for benefit counseling by appt.** **(at Sr. Center) 860-923-3458**	

Pomfret Senior Center Notes:

New Programs:

1st Tuesday, October 1st-POMFRET SENIOR ASSOCIATION Mtg. (Meatball Grinders $2.00-members only)

Wednesday, October 2nd from 12-2 Make a Milk Jug Skeleton with John Carter-Bring your own empty milk jugs (some might be provided)

Friday, October 4th-Woodburning Class 9am; tools provided; $40.00pp

Tuesday, October 8th-Planning a trip to Sturbridge Village-sign up on events board at the Sr. Ctr.

Friday, October 11th-Oil Painting Class; 9 am; $15.00 Pomfret Residents/$30.00 non-Pomfret resident; limited class size; see Events Board or call Susan at 860-974-0494

Every WEDNESDAY-FITNESS CLASS w/Terry Viani 9-10 am

Tuesday, October 15th: *TEEG Learn @ Lunch* 12:00 (Merrimack Health Group on Influenza) & Tues., October 29th (DKH-The Warning Signs of a Stroke)

On Going Programs:

Wii Bowling happening at the Center when there are enough people interested. Come on down, get a little exercise and have some fun.

Friday Afternoon Movies: A movie is shown on Fridays at 1:30pm. Movies are chosen with input from seniors. Make your suggestions known and come and join the fun. Selections are shown only if available and are posted on the Events Board at the Center.

Croquet -Wednesdays & Fridays 9-1 at Pomfret Rec. Field

Key Gym: Pomfret Seniors are invited to exercise at no cost at Pomfret's Key Gym location from 10:00 to noon on Mondays and Fridays.

Bingo for Fun: Bingo is still a big draw with everyone having a fun time. John Carter calls the games and seems to come up with at least one new game every week or so. These can be challenging.

Cards, Games & Good Company -As always, card games are extremely popular, along with jigsaw puzzles , Mexican Train (very popular!!!), Crokinole (when available) and just plain socializing. The Center is open until about 6 pm on Wednesdays*, Thursdays and Fridays (*except the 4th Wed. 'til 5 pm)

Seniors, please stop in to see what is going on and join in the activities. Sign up for a class or event on the bulletin board. If you have any class or program ideas, we would love to hear about them and will try to set them up for all to enjoy.

Quilting, Knitting, Crochet- a group of folks meet every Thursday morning from 9:30-12 am. There will be a quilting class beginning Thursday, Sept. 19th from 9:30am-noon and Friday eves from 6:00-8:30pm. Open sew alternates weeks but folks are still encouraged to join us and do their own kind of "stitching". Only $5.00 for quilting lessons per class. Look for details or call Susan LaRose at 860-974-0494.

Guitar Lessons-Free lessons on your own guitar; Saturdays at about 3:30 but you must call the Sr. Center to make arrangements and let it be known if you are interested. 860-928-7459 Ask for Gene.

Northeastern CT Transit District Call for a ride! 860-774-3902 Web Site: www.NECTD.org
e-mail: rides@nectd.org

***On the 4th Wednesday of the month, the Sr. Center must close by 5:00pm.**
All other Wednesdays are open 'til about 6:00 pm