



February 2017

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
Birthdays: Barbara S.		1 12:15– Birthday Celebration 1:00– Bingo	2 10:30 - Yoga with Anne	3 
6 	7 10:30 - Tai Chi 12:30– Setback/Wii	8 10:30– Guided Meditation w/Barbara 12:30– Movie– “Joy”	9 10:30 - Yoga with Anne 1:00– Line Dancing with Chantale	10 
13 	14 10:30- Tai Chi 12:30– Valentines Day Celebration	15 1:00– Bingo	16 10:00– Blood Pressure Clinic 10:30 - Yoga with Anne	17
20	21 10:30– Tai Chi 12:30– Trivia	22 10:30– Planning for the Future with David Bamber 12:30– Movie– “Sully”	23 10:30 - Yoga with Anne 1:00– Line Dancing with Chantale	24
27	28 10:30– Tai Chi 12:30– Emergency Preparedness with James Dugan			

This Program is funded in part by Senior Resources with Title III Funds through the Older Americans Act

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



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