



January 2017

Pomfret Senior Center



| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 2 Birthdays Gunner J Gene G Monique | 3 10:30 - Tai Chi 12:30 - Activity Planning Mtg. | 4 12:15– Birthday Celebration 12:30– Bingo | 5 1:00– Line Dancing w/Chantale | 6  |
| 9  | 10 10:30 - Tai Chi 12:30– Setback | 11 10:30– Postural Blood Pressure Screening 12:30– Movie- “The Man” | 12 10:30– Yoga with Anne 12:30– Cribbage | 13 |
| 16  | 17 10:30- Tai Chi 12:30– Ed Morin-Presentation on 1st Native Americans to become medical Drs. in US | 18 12:30– Bingo | 19 10:30– Yoga with Anne | 20  |
| 23 | 24 10:30– Tai Chi 12:30– Trivia | 25 12:30– Movie- “Must Love Dogs” | 26 12:30– Cribbage | 27 |
| 30 | 31 10:30– Tai Chi 12:30– Heirlooms | | | |

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 December Newsletter**