

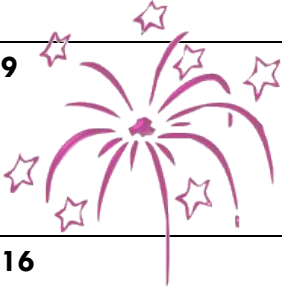



July 2018

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
2 Birthdays: Marge Davis Betty Brooks	3 9:00-10:00– Tai Chi	4 	5 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy	6 
9 	10 9:00-10:00– Tai Chi	11 9:00-10:00– Chair Yoga 10:30– Walking Club 12:30– Bingo **Hoarding Class @TEEG– 6:00pm	12 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy 12:30– Recipe Exchange	13
16	17 9:00-10:00– Tai Chi 12:30– Trivia with John 12:30– Advance Directive with Senior Resources	18 9:00-10:00– Chair Yoga 10:30– Walking Club 12:15– Movie- “Bowfinger” Whale Watch– Senior Association **Special Meal**	19 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy 12:30– Heirlooms	20
23	24 9:00-10:00– Tai Chi 1:00– AED and Basic CPR with Chelsea	25 9:00-10:00– Chair Yoga 10:30– Walking Club 12:30– Bingo	26 9:00-10:00– Qi Gong w/Nick 10:00-11:30– Knitting w/ Nancy 11:30– Summer Cookout	27
30	31 9:00-10:00– Tai Chi 12:30– Birthday Celebration		** Hoarding presentation will take place at TEEG at 6:00pm. A light dinner will be served at 5:30. Learn tips and trick on communicating with people who suffer, as well as tips on how to manage your own hoarding. There will be giveaways and handouts. Sign up by calling TEEG at 860-923-3458	



Pomfret Senior Center
207 Mashamoquet Rd.
Pomfret Center, CT 06259

Phone: 860-928-7459
TEEG: 860-923-3458
E-mail: jimj@teegonline.org

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

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