

# POMFRET SENIOR CENTER ACTIVITY CALENDAR

Phone: 860-928-7459

## ~ June 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Quote of the Month</u></p> <p>Just when the caterpillar thought the world was over, it became a butterfly. <small>unknown</small></p>	<p><b>2</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Food Pantry Open 5:30-6:30</p>	<p><b>3</b> Food Pantry 11:30-12:30</p> <p>Sr. Association Mtg. 12-2:15</p> <p>Bingo for Fun 2:30</p>	<p><b>4</b></p> <p>Senior Fitness Class 9 - 10 am</p> <p>CAKE CONTEST 12:00</p> 	<p><b>5</b> CENTER CLOSED</p> <p>DKH Walking Champs Meet @Mashamoquet State Park at 10:00 am</p> <p>Open Sew 9:30-12 noon</p>	<p><b>6</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Open Sew 6 -8:30 pm</p>	
<b>8</b>	<p><b>9</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Food Pantry Open 5:30-6:30</p>	<p><b>10</b> Food Pantry 11:30-12:30</p> <p>TEEG Learn @ Lunch 12:00-2:15</p> <p>“Planning for the Future”</p> <p>Bingo for Fun 2:30</p>	<p><b>11</b></p> <p>Senior Fitness Class 9 - 10 am</p> <p>Movie @12:30 “NEBRASKA”</p> <p>DOMINOES</p>	<p><b>12</b></p> <p>CENTER CLOSED</p> <p>DKH Walking Champs Meet @Mashamoquet State Park at 10:00 am</p> <p>Open Sew/Skill Bldg. 9:30-12 noon</p>	<p><b>13</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Open Sew/Skill Bldg. 6 -8:30 pm</p>	<p><b>14</b></p> <p><b>10-2</b> QUILTING FOR “QUILTS OF VALOR” and other causes</p>
<b>15</b>	<p><b>16</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Food Pantry Open 5:30-6:30</p>	<p><b>17</b> Food Pantry 11:30-12:30</p> <p>TEEG Learn @ Lunch 12:00-2:15</p> <p>“TEEG Mentoring Program”</p> <p>Bingo for Fun 2:30</p>	<p><b>18</b></p> <p>Senior Fitness Class 9 - 10 am</p> <p>Trivia @ 1:30</p> <p>DOMINOES</p>	<p><b>19</b></p> <p>CENTER CLOSED</p> <p>DKH Walking Champs Meet @Mashamoquet State Park at 10:00 am</p> <p>Open Sew 9:30-12 noon</p>	<p><b>20</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Open Sew 6 -8:30 pm</p>	<b>21</b>
<b>22</b>	<p><b>23</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Food Pantry Open 5:30-6:30</p>	<p><b>24</b> Food Pantry 11:30-12:30</p> <p>TEEG Learn &amp; Lunch 12:00-2:15 “The 10 Warning Signs of Alzheimer’s Disease”</p> <p>Blood Pressure 1:30</p> <p>Bingo for Fun 2:30</p>	<p><b>25</b></p> <p>Senior Fitness Class 9 - 10 am</p> <p>Movie @12:30 “OLYMPUS HAS FALLEN”</p> <p>DOMINOES</p>	<p><b>26</b></p> <p>CENTER CLOSED</p> <p>DKH Walking Champs Meet @Mashamoquet State Park at 10:00 am</p> <p>Open Sew 9:30-12 noon</p>	<p><b>27</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Open Sew 6 -8:30 pm</p>	<b>28</b>
<b>29</b>	<p><b>30</b> CENTER CLOSED</p> <p>Key Gym 10 - Noon</p> <p>Food Pantry Open 5:30-6:30</p>	<p><b>Notes:</b></p>				

*The Center will be open on Tuesday and Wednesday from noon until 5 pm.*

# POMFRET SENIOR CENTER ACTIVITY CALENDAR

Phone: 860-928-7459

*The Center is closed on Monday, Thursday and Friday.*

**WEDNESDAY, JUNE 4<sup>TH</sup> CAKE CONTEST...** BRING ANY HOMEMADE CAKE AND WIN A PRIZE!!!

**DKH Walking Champs...** meet every Thursday morning at Mashamoquet State Park 10:00 am

**Learn at Lunch** sponsored by TEEG is every Tuesday of the month after the first Tuesday: Tuesdays, June 10, 17, 24. No charge for lunch, interesting speakers, and a great opportunity to meet new neighbors. Lunch at noon.

**Senior Fitness Class:** Every Wednesday w/Terry Viani 9-10 am.

**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.

**Quilting, Knitting, Crochet-** Thursday morning from 9:30-12 am, Friday evenings from 6-8:30 pm and 2<sup>nd</sup> Saturdays. We will have 'Open Sew' throughout the Summer and beginning June 14<sup>th</sup> (2<sup>nd</sup> Saturdays), the Quilts of Valor and quilting for other causes will begin. Also, try one of our skill building classes. New classes starting in the Fall. Folks are encouraged to join us and do their own kind of "stitching". Only \$5.00 for quilting lessons per class. Look for details at the Center or call Susan LaRose at 860-974-0494.

**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.

**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 a new game every week or so.

**Wednesday Afternoon Movies:** A movie will be shown on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday at 12:30 pm. Movies are chosen with input from seniors. Make your suggestions known and join the fun. Selections are shown if available and are posted on the Senior Center Activity Calendar.

**Free Blood Pressure Clinic with DKH's Judith Hansen:** 1:30pm on Tuesday, June 24<sup>th</sup>.

*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.*

**Northeastern CT Transit District Call for a ride! 860-774-3902 Web Site: [www.NECTD.org](http://www.NECTD.org) e-mail: [rides@nectd.org](mailto:rides@nectd.org)**

**Closings / Inclement weather: If Pomfret Community School is closed the Center will also close. Listen to WINY : 1350 AM**