



Pomfret Senior Center

207 Mashamoquet Rd. Pomfret, CT

June 2018

June Events/Activities



Tuesdays, June 5th and 26th– 9:00-11:30- Chair Caning Discussion with Joe Doran

Join Joe Doran from the Lisbon Senior Center as he engages participants in caning chairs. Rolling enrollment available

Wednesdays, June 6th, 13th, 20th, 27th- 9:00-10:00– Chair Yoga with Maryanne

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Suggested donation.

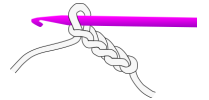


Thursdays, June 7th, 14th, 21st, 28th– 9:00-10:00am– Qi Gong with Nick Beams

Join Nick as he instructs Qi-Gong– a great way to get your daily dose of exercise and keep those muscles strong!

Thursdays, June 7th, 14th, 21st, 28th– 10:00– 11:30am- Crocheting with Nancy

Are you interested in learning how to crochet? Maybe you would like to make a nice blanket, or hat for someone you love. Then come learn the basics of how to crochet with Nancy. Please bring your own crochet hooks if you have them. Hooks will be available if needed.



Wednesday, June 6th– 12:15– Movie- “The Monuments Men”

An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners.

Starring: George Clooney, Matt Damon, Bill Murray



Wednesday, June 20th– 12:15– Movie- “True Grit”

A stubborn teenager enlists the help of a tough U.S. Marshal to track down her father's murderer.

Stars: Jeff Bridges, Matt Damon, Hailee Steinfeld

Thursday, June 21st– 11:30– Summer Cookout/Birthday Celebration

Join us for a delicious cookout, followed by a fabulous birthday celebration!





Thursday, June 21st– 8:00am– Lights and Sights Cruise towards Watch Hill!

The Pomfret Senior center is sailing away to see the beautiful sights of New London Harbor! On this cruise participants will have the opportunity to see up to 9 lighthouses, 2 forts and more. The Lights and Sights tour offers a state of the art public address system, where the expert narrators offer unique insight and entertainment during the cruise. The bus will leave the Pomfret Senior Center at 8:00am. If you would like more information please contact 860-928-7459.

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