



Pomfret Senior Center March 2017

207 Mashamoquet Rd. Pomfret Center, CT



Ongoing Programs

- Tai Chi on Tuesdays at 10:30
- Yoga with Anne on Thursdays at 10:30
- Bingo, Setback and Wii for your playing enjoyment and competitive spirit

Activity Planning and Inclement Weather

Senior Center Activity planning takes place during the first week of the month every month. If there is an event or activity that you would like to see at the center we strongly encourage you to participate in the planning meeting to contribute your ideas.

Inclement Weather Policy: The Pomfret Senior Center follows the Pomfret Public school system when it comes to closings. If the Pomfret Community School is closed due to inclement weather, the center will not be open. The Pomfret Town Hall is responsible for communicating and reporting all closings to the appropriate news media. If you would like to know if the Center is closed due to weather please check WFSB, NBC CT, or WINY for closing reports.

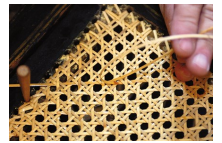


March Events/Activities



Wednesday, Mar 1st– 11:00- Activity Planning Meeting–
Help steer the activities at the center! Bring your ideas, and help us plan for the months ahead!


Tuesday, Mar 7th– 12:30– Chair Caning Discussion with Joe Doran
Join Joe Doran from the Lisbon Senior Center as he talks about and discusses chair caning and the techniques that he uses. If there is enough interest we will schedule classes at the center.



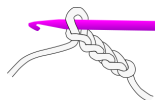
Wednesday, Mar 8th– 12:15– Movie- “The Second Best Exotic Marigold Hotel”
When the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel.
Starring: Judi Dench, Maggie Smith, Bill Nighy

Wednesday, Mar 15th– 10:30– Guided Meditation
Meditation serves to relax, focus and clear the mind. Join Barbara Marston, MDiv for a session of relaxation and focus using guided meditation and breathing techniques.

Thursday, Mar 16th– 10:00– Blood Pressure Clinic
The Pomfret Senior Center will be offering free Blood Pressure Screening starting at 10:00am. Please stop by to have your blood pressure checked, catch up with some old friends, as well as make a few new ones.

 **Wednesday, Mar 22nd– 10:30– Public Utilities Regulatory Authority Presentation**
Staff from the Public Utilities Regulatory Authority can explain the process of choosing an electric supplier, and provide information about the information on your electric bill, and how you may reduce your monthly bill.

Wednesday, Mar 22nd– 12:15– Movie- “Love and Other Drugs”
A young woman suffering from Parkinson's befriends a drug rep working for Pfizer in 1990s Pittsburgh.
Starring: Jake Gyllenhaal, Anne Hathaway, Judy Greer



Thursday, Mar 23rd– 10:15– 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.

Thursday, Mar 30th– 12:15– Hearing Screenings
Amplisound will be at the center beginning at 12:15 to conduct hearing screenings. Registration is required, a sign up sheet will be at the center. Each screening will take about 15 minutes.





POMFRET SENIOR CENTER **CORNED BEEF DINNER**



When: Friday, March 10TH, 2017 at 5:00 P.M.

Where: Seely-Brown Village Dining Room

Cost: \$10.00 Per Person

(Limit of 50 people)

Appetizer: Cream of Broccoli Soup

Dinner: Irish Soda Bread, Corned Beef, Cabbage,

Potatoes, Carrot/Turnip

Dessert: Pineapple Whip

Raffle - \$25 Walmart Gift Card

Sign-up by calling Cathy at 860-928-2744 Monday-Friday between 8am & 4pm
or email seely.brown@snet.net

Payment will be collected at the door. Checks are payable to Pomfret Senior Center

Pomfret Senior Center
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Pomfret Center, CT 06259
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