



# May 2018

## Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Birthdays:</b> Nancy N. Dot D. Anna F. Joan R.	<b>1</b> 9:00– Chair Caning with Joe Doran at TEEG office	<b>2</b> 9:00-10:00– Chair Yoga w/Mary Anne 10:30– Walking Club 12:15– Movie- “Murder on the Orient Express”	<b>3</b> 9:00-10:00– Qi Gong with Nick 12:00– Birthday Celebration	<b>4</b>
<b>7</b> Jim J. Tom M. Joyce S.	<b>8</b> 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office	<b>9</b> 9:00-10:00– Chair Yoga w/Mary Anne 10:30– Walking Club 12:30– Bingo	<b>10</b> 9:00-10:00– Qi Gong with Nick 12:30– Computer Basics with Monique	<b>11</b>
<b>14</b>	<b>15</b> 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office 12:30– Trivia with John	<b>16</b> 9:00-10:00– Chair Yoga w/Mary Anne 10:30– Walking Club 12:15– Movie- “Heaven Knows Mr. Allsion”	<b>17</b> 9:00-10:00– Qi Gong with Nick 10:30– Blood Pressure Clinic 12:30– LOL Thursday– Bring your best jokes	<b>18</b>
<b>21</b>	<b>22</b> 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office 12:30– Heirlooms	<b>23</b> 9:00-10:00– Chair Yoga w/ Mary Anne 10:30– Walking Club 12:30– Bingo	<b>24</b> 9:00-10:00– Qi Gong with Nick 12:00– Rhubarb Potluck	<b>25</b>
<b>28</b> 	<b>29</b> 9:00-10:00- Tai Chi 9:00– Chair Caning with Joe Doran at TEEG office	<b>30</b> 9:00-10:00– Chair Yoga w/ Mary Anne 10:30– Walking Club 12:30– Bingo	<b>31</b> 9:00-10:00– Qi Gong with Nick 11:30– Memorial Day Cookout and Potluck	



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\* Lunch is served at 11:30 daily

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