



May 2018

Pomfret Senior Center



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



Pomfret Senior Center
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 Pomfret Center, CT 06259

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* Lunch is served at 11:30 daily

* Details on all programs and activities are available in the