

Pomfret Senior Center

207 Mashamoquet Rd. Pomfret, CT

May 2018

May Events/Activities

Tuesdays, May 1st, 8th, 15th, 22nd, and 29th- 9:00-11:30– Chair Caning Discussion with Joe Doran at TEEG Office

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

Wednesdays, May 2nd, 9th, 16th, 23rd, and 30th 9:00-10:00– Chair Yoga with Maryanne

Join us for a brand new offering at the Senior Center– Chair Yoga. 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. Try the first class on March 7th for free, there will be a suggested donation for subsequent classes.

Thursdays, May 3rd, 10th, 17th, 24th, 31st– 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!



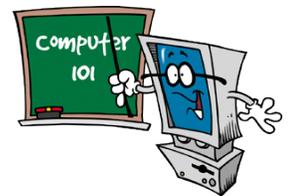
Wednesday, May 2nd– 12:15– Movie- “Murder on the Orient Express”

When a murder occurs on the train he's travelling on, celebrated detective Hercule Poirot is recruited to solve the case.

Starring: Johnny Depp and Penelope Cruz

Thursday, May 10th– 12:30– Computer Basics with Monique

Basic instruction for those who have always wanted to get onto a computer but didn't know how to start.



Wednesday, May 16th– 12:15– Movie- “Heaven Knows Mr. Allison”

A marine and a nun form an unlikely friendship. The marine is shipwrecked on a Pacific island and the nun has been left behind there; they find comfort in one another as the two wait out the war.

Stars: Robert Mitchum and Deborah Kerr

Thursday, May 17th– 10:30– Blood Pressure Clinic

The Pomfret Senior Center will be offering a 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.



Thursday, May 17th– 12:30– Laugh out Loud!

Come to the center with you best jokes! We are looing for a belly laughing good time. Please keep all jokes clean and appropriate.

Wednesday, May 24th– 12:00– Rhubarb Pot Luck

Bring in your favorite Rhubarb dessert and recipe to share!



Thursday, May 31st– 11:30– Memorial Day Cookout!

Join us for the 1st cookout/potluck of the year! Please sign up at the center.



Garden Presentation with Master Gardener-Jim Jutras

Jim is a Master Gardener, certified by UCONN. On Thursday, April 19th he gave a presentation at the Senior Center on gardening. Jim covered all aspects including digging the plot, planning the layout, selecting the seeds, and planting. Several members of the community participated in the activity, which had people choose vegetable seeds and plant them in small cups. They then filled the cups with the proper starting soil, which is very important that you choose the proper medium when you are beginning new plants.

Participants then had an open discussion where they shared their gardening success stories, as well as some moments not on the highlight reel, which prompted discussions of ways to correct these not so stellar moments.

Overall it was a very attentive group, and a great discussion.

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