

Pomfret Senior Center

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JANUARY EVENTS



January brings many activities to the Pomfret Senior Center. Thanks to the generosity of many community members and instructors, we are able to offer a variety of events free of charge. Occasionally you will see “suggested donation” with a program offering. Please know that our goal is to have ALL seniors attend the programs we offer. The donation is optional and goes to offset the cost of the program.

Tai Chi – We continue to offer Tai Chi on Tuesdays from 10:30 to 11:15. This has become a very popular program. Kim Boccacio of Quiet Korner Health and Wellness teaches movements that alleviate symptoms of arthritis and reduce inflammation. The slow and gentle pace of her classes make them a good choice for seniors of all fitness levels. Suggested Donation: \$3.00

Walking Club – The walking club is scheduled to continue into January. Please see Jim Jutras’ article for details.

Yoga – Anne Richards will return to the Center on January 7th. We thank Anne for her generosity in donating her time and expertise so that seniors can participate in this beneficial exercise. Her popular yoga class, which is appropriate for all levels, will be held at 10 am on Thursdays. The class is scheduled to run for six weeks. Wear comfortable clothing that allows free movement and bring a yoga mat if you have one!

Bingo - Back by popular demand! Bingo will take place on the 5th, the 13th and the 19th. Many thanks to John Carter for choosing the prizes and organizing the fun. Join us for some friendly competition!

Movies – There are two movie afternoons scheduled in January. On January 7th,

we will show “The Book Thief”, a 2013 film, based on the bestselling novel. In World War II Germany, a young girl finds solace by stealing books and sharing them with others.

On the 27th the film will be “Alone in the Wilderness”. This documentary film tells the story of Dick Proenneke, who built his own cabin, entirely by hand, in the wilderness at the base of the Aleutian Peninsula.

Snacks and beverages will be provided, bring a friend and come see a good movie!

Learn at Lunch: The Art and Science of Coffee - Jake Pritchard returns to the center on the 12th to share the art of brewing a fine and satisfying cup of coffee. He will explain the process from seed to cup and provide a tasty sample for all attendees. Please sign up on the list provided or reserve your spot by calling the center at (860)-928-7459.

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COMING IN JANUARY CONT...

First Aid – Chelsea Valade will come to the center on the 20th to teach a course in first aid, choking prevention, AED use and home safety tips.

Learn at Lunch: Travels in Thailand – Anne Miller will share her 2010 trip to Chiang Mai, Kanchanaburi and Bangkok. Join us for lunch at 11:30 followed by some armchair adventure!

Pomfret School Students – We continue to be grateful to Pomfret School for sharing resources and time with us. The students from the Community Service Team are looking forward to returning to the center in January to interact with seniors and lead some activities. They will arrive after lunch on Wednesdays and stay through closing. In the fall, they supported the Senior Association Dinner with a generous donation that allowed us to provide the catered meal free of charge to all who attended.

WALKING CLUB NEWS



The walking club finished its first full month with many success stories to be told. Ten individuals walked a total of 165.5 miles on the Air Line Trail, as well as other venues throughout Eastern Ct. Dorothy “Dot” Downer led the way logging in with 56 miles. For her efforts, Dot received a \$20 gift card at Target.

Dot and her husband, Russel, are long time Pomfret residents. According to Dot, the gift card was only the second time in her life she has won anything; the first time was getting married to Russel. Walking has become very important to Dot and she notes that prior to the Senior Center walking club, she did do some walking, but not as much as she does now. She attributes her consistent walking to helping her feel better about herself, losing 6 pounds, and generally feeling better.

NOVEMBER AND DECEMBER HIGHLIGHTS

November and December were very busy months at the Pomfret Senior Center! In celebration of Veteran’s Day Linda Colangelo performed a variety of patriotic songs. Her beautiful voice and passionate performance were an inspiration! The Pomfret Senior Center has been collaborating often this fall

The mild weather patterns of late seemed to support everyone’s effort toward better health. It’s uncertain how long the good weather will be with us, but all participants seem determined to continue making strides (pardon the pun) toward better health.

with both Rectory and Pomfret Schools. On November 18 the Pomfret School accompanied by Tim Peck came to the center to share their love of African drumming. In December, the Rectory School music students performed on the senior center stage to the delight of the many seniors in attendance. The next day Mike Bogdanski of Quest Martial Arts in Putnam

came to the center to teach some simple moves. Walter and Ann Hinchman came to share photos and stories of their trip to the Balkans. We are grateful to all the folks who come to share their talents with us! Please enjoy the pictures below and look for more photos on Facebook!



COOKING FOR ONE

By Peg Bernat, TEEG Staff

While it may be difficult to be motivated to cook for one there is an advantage in that you only have to cater to your own tastes and dietary restrictions, not to mention you can eat whenever you like!

There are also emotional benefits in taking charge of your diet. The simple process of taking the time to care for yourself can be empowering, improving your mood and self-esteem.

Find ways to make cooking fun and enjoyable. Listen to your favorite music or book on tape, or sip a favorite beverage as you prepare your meal.

Following are some tips to help you prepare meals that are low in fat, sugar, sodium and calories from the grocery store to your table:

Break up a bunch of broccoli or bananas; buy a loose potato or two instead of the 5 pound bag.

Find a recipe for 2 or reduce your favorite recipes. You will have leftovers and one less clean-up. Perhaps you and a friend could prepare a recipe for two and you can do a meal swap – keep one portion for yourself and trade the second portion for a little more variety.

When you can, buy in bulk and divide into single portions. You may want to purchase freezable single serving food-storage containers.

Purchase a whole chicken, ham or pot roast. You can add some of the leftovers to salad or make a sandwich, wrap or soup. Any portion that cannot be eaten in 3 – 4 days should be frozen.



Healthy Fried Rice – A tasty way to use leftover cooked rice

Ingredients:

½ cup cooked brown rice

½ cup vegetables of your choice

Seasoning (*i.e.* soy sauce, garlic, ginger, red pepper flakes, etc.)

Directions:

Crack egg in small bowl, beat, and set aside.

In small frying pan on medium heat, cook/thaw vegetables.

Add the rice part way through so it begins to heat up.

Add a tablespoon of water and cover for about 2 minutes.

Add the beaten egg and stir/cook until the egg is done.

Add soy sauce or other seasonings as desired.

*Sites for recipes to try:

www.singlefare.com;

www.helpguide.org

HOLIDAY THANKS AND GIVING

Many thanks to all the seniors, as well as members of the Wolf Den Grange, who participated in the TEEG Holiday Giving Program. Because of your kindness, many local families will have joyful holidays this year.

During the month of December, a Project : Pomfret class from Pomfret School interviewed seniors at the center and compiled an oral history. The book will be available at the center if you would like to take a look.

Seniors continue to enjoy fresh donuts every Wednesday thanks to the generosity of the Putnam Price Chopper. They also donated a lovely tray of cookies for our holiday party!



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Happy New Year!

KEEPING IN TOUCH

We look forward to keeping in touch with all seniors in the local area. The center is open to any senior for any program. The only requirement is that you are at least 60 years of age and that we have a current "Form 5" (required for our AAA Grant Funding) for you.

The newsletter is available online at <http://www.pomfretct.gov/pomfret-community-senior-center> under "Links".

Printed copies are also available at the center for all seniors. Pomfret residents may also receive the newsletter by mail. If you are currently receiving the newsletter by mail and would rather access it online, please let us know by emailing us at : seniorservices@tegonline.org.

If you are not receiving the newsletter

and would like to, please either email us or sign up at the center.

WE'RE ON FACEBOOK!

POMFRET-SENIOR-CENTER