

# Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT



November 2016

## Tuesday Nov 1st-- 12:30 - Senior Center Activity Planning Meeting

Help steer the activities at the center! Bring your ideas and help plan the activities at the center in the coming months!

## Thursday, Nov 3rd - 1:00- Line Dancing with Chantale

This class is open to all levels of line dancing and is especially geared toward those with no experience. The session will begin at 1pm.

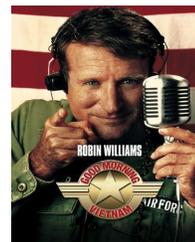
## Tuesday, Nov 8th - 12:15 - Birthday Celebration - Following Lunch

Mary and Myra have birthdays in November, do you? Come celebrate with us! Cake and a song will help us celebrate November birthdays! If you would like to add your birthday to the list, please see Jim Jutras.

## Wednesday, Nov 9th- 12:15- Movie "Good Morning Vietnam"

An unorthodox and irreverent DJ begins to shake up things when he is assigned to the U.S. Armed Services Radio Station in Vietnam.

Stars: Robin Williams, Forrest Whitaker



## Thursday, Nov 10th- 10:00- CT Science Museum

Join us for a trip to the Connecticut Science Museum and immerse yourself in Astronomy, Forensics, Physics, and Geology, all while having fun at the same time. For more info see back of newsletter

## Wednesday, Nov 16th- 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, Nov 17th- 10:30- Blood Pressure Clinic

The Pomfret Senior Center will be offering free Blood Pressure Screening starting at 10:30am. Please stop by to have your blood pressure checked, catch up with some old friends as well as make a few new ones.

## Thursday Nov 17th- 12:30- Crafts/Fall Baskets with Melissa

Just in time for Thanksgiving, join us at 12:30pm for an afternoon of making Fall baskets. There will be a request of a small donation for this activity to cover the cost of materials.

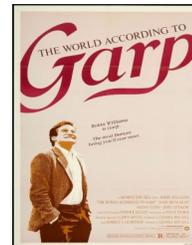
## Tuesday, Nov. 22nd- 12:30- Autumn Bake Off!

Dust off your favorite pumpkin or other seasonal recipe and bring in the finished product for all to enjoy. You are encouraged to bring in a written copy of the recipe so it can be photocopied and shared.

## Wednesday, Nov 23rd- Movie "The World According to Garp"

This film chronicles the life of T S Garp, and his mother, Jenny. Whilst Garp sees himself as a "serious" writer, Jenny writes a feminist manifesto at an opportune time, and finds herself as a magnet for all manner of distressed women.

Stars: Robin Williams, Mary Beth Hurt, Glen Close



### *Ongoing Programs:*

- *Tai Chi Continues on Tuesdays at 10:30.*
- *Our Walking Club meets at 10:30 on Wednesdays, come stroll the Airline Trail!*
- *Yoga will be @ 10:30 on Thursday mornings.*
- *BINGO, SETBACK & CRIBBAGE for your playing enjoyment and competitive spirit*

# CT Science Center

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## Thursday November 10th- Connecticut Science Center

Join us for a trip to the Connecticut Science Museum and immerse yourself in Astronomy, Forensics, Physics, and Geology, all while having fun at the same time. The 3-D theater, educational laboratory and the more than 150 interactive exhibits are sure to keep you entertained. The cost of the trip is \$20. There are only a few spaces remaining for the van which will be leaving the Pomfret Senior Center parking lot at 10am. If interested call the Center at 860-928-7459 ASAP



### **Ongoing Programs:**

*Tai Chi Continues*

*on Tuesdays at 10:30 / Our Walking Club meets at 10:30 on Wednesdays / Yoga will be every Thursday at 10:30 in November / BINGO will be held on the first and third Wednesday / TRIVIA on the first Tuesday in November*

### **November Movies:**

***Good Morning Vietnam***

***The World According to Garp***

Programming at the Pomfret Senior Center is funded in part by Senior Resources with Title III Funds through the Older Americans Act

## Pomfret Senior Center

207 Mashamoquet Rd.

Pomfret Center, CT 06259

Phone: 860-928-7459

TEEG: 860-923-3458