

Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT



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



Monday, Oct. 3rd – 11:00– 3:00 – Pomfret Senior Association October Meeting

The Pomfret Senior Association meets at the Pomfret Senior Center monthly. This group plans and runs social activities and trips for area seniors. October is the Association's anniversary month; there will be a luncheon to celebrate so mark your calendars.

Tuesday Oct. 4th – 1:00 - 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!

Wednesday, Oct. 5th - 12:15 - Birthday Celebration – Following Lunch

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

Wednesday, Oct. 12th – 12:15 - Movie “Kiss the Girls “

Police hunting for a serial killer are helped when a victim manages to escape for the first time.

Stars: Morgan Freeman, Ashley Judd, Cary Elwes



Wednesday, Oct. 19th – 10:30 – Guided Meditation w/Barbara

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, Oct. 20th – 12:30 – Medicare Discussion

Do you have questions about Medicare? Come join us on October 20th at 12:30 at the Pomfret Senior Center. Two individuals who can answer your questions about Medicare and any changes to these entitlements will be present to assist you.



Tuesday Oct. 25th – 12:30 - Movie “Young Frankenstein”

An American grandson of the infamous scientist, struggling to prove that he is not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.



Stars: Gene Wilder, Madeline Kahn, Marty Feldman

Wednesday, Oct. 26th – 10:30 – Flu Clinic

Flu clinic being held at the Pomfret Senior Center. The clinic is being facilitated by Walmart, Health and Wellness Division and is open to all area residents. The cost of the immunization should be covered by your health insurance. The cost without health insurance is \$25.00. The pneumonia immunization will also be available. Please check with your physician if you have questions regarding these immunizations and if they are appropriate for you.

Wednesday, Oct. 26th – 12:30 – Pumpkin Carving

Help a fellow senior with his “Halloween Display” by carving a pumpkin or two... Pumpkins and tools provided, bring your creative ideas for some fall fun.

Thursday, Oct. 27th – 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, Oct. 27th – 12:30 Taylor Brooke Winery

This local winery is our destination on October 27th for a time of socialization and wine tasting. Join us at 1pm at the winery (see back page).

Taylor Brooke Winery – Visit & Tasting

(Back Page)

Thursday, Oct. 27th – 12:30 Taylor Brooke Winery

This local winery is our destination on October 27th for a time of socialization and wine tasting. Join us at 1pm at the winery or follow us over from the senior center. We

will be leaving the center at 12:30pm for the 1pm arrival at the winery. The address is 848 Ct-171, Woodstock Ct.



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 October / BINGO will be held on the first and third Wednesday / TRIVIA on the first Tuesday in October..

October Movies:

Kiss the Girls

Young Frankenstein



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