


October 2017

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
Birthdays: Dan T. Richard M. Terri O. Ford F.	3 9:00-11:30– Chair Caning 10:30– Tai Chi	4 10:30– Walking Club 12:30– Bingo	5 10:15-11:15– Yoga 12:15– Movie– “Bourne Identity” *Open till 5pm	6
9	10 9:00-11:30– Chair Caning 10:30- Tai Chi 12:30– Trivia	11 10:30– Walking Club 12:30– Bingo	12 10:15-11:15– Yoga *Open till 5pm	*Benefits Counseling will be available Thursday October 19th, and 26th from 2:00-5:00pm
16	17 9:00-11:30– Chair Caning 10:30- Tai Chi	18 10:30– Walking Club 12:15– Movie- “An Officer and a Gentleman”	19 10:15-11:45– Yoga 10:30– Blood Pressure Clinic 1:00-3:00– Flu Clinic *Open till 5pm	20
23	24 9:00-11:30– Chair Caning 10:30– Tai Chi	25 10:30– Walking Club 12:15– Movie- “Mr. & Mrs. Smith”	26 10:15-11:15– Yoga *Open till 5pm	27
30 	31 9:00-11:30– Chair Caning 10:30– Tai Chi			



Pomfret Senior Center
 207 Mashamoquet Rd.
 Pomfret Center, CT 06259

Phone: 860-928-7459
 TEEG: 860-923-3458
 E-mail: jimj@teegonline.org

***Lunch is served at 11:30 daily**

***Details on all programs and activities are available in the**