



# Pomfret Senior Center February 2017

207 Mashamoquet Rd. Pomfret Center, CT

## Wednesday, Feb 1st- 12:15 - Birthday Celebration – Following Lunch



Barbara S. has a birthday in February, do you? Come celebrate with us! Cake and a song will help us celebrate February birthdays! If you would like to add your birthday to the list, please see Jim Jutras.

## Tuesday, Feb 7th-- 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!

## Wednesday, Feb 8th– 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.

## Wednesday, Feb 8th– 12:30- Movie- “Joy”

Joy is the story of the title character, who rose to become founder and matriarch of a powerful family business dynasty

Stars: Jennifer Lawrence, Robert De Niro, Bradley Cooper



## Thursday, Feb 9th– 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 1:00.

## Tuesday, Feb 14th– 12:30- Valentine's Day Celebration



Sweet Cherry Pie! Bring in your favorite cherry dessert to share! There will also be ice cream sundaes to enjoy! Oh how sweet it is.

## Thursday, Feb 16th– 10:00– Blood Pressure Clinic

The Pomfret Senior Center will be offering 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.

## Tuesday, Feb 21st– 12:30– Trivia



Get your thinking caps ready and join us in some trivia!

## Wednesday, Feb 22nd– 10:30– Planning for the Future with David

Join David Bamber from Creamery Brook as he talks about ways to plan for you future, including options that are available to seniors and their families.

## Wednesday, Feb 22– 12:30– Movie- “Sully”

The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.

Starts: Tom Hanks, Aaron Eckhart



## Thursday, Feb 23rd– 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 1:00.

## Tuesday, Feb 28th– 12:30– Emergency Preparedness with James Dugan

Join James as he talks about, and provides information on how to prepare and train for emergencies and the hazards to be aware of when an emergency occurs.

**Inclement weather policy:** The Pomfret Senior Center follows the Pomfret school system when it comes to closings. If the Pomfret Community School is closed due to inclement weather the center will not be open. The Pomfret Town Hall is responsible for communicating and reporting all closings to the appropriate news media. If you would like to know if the Center is closed due to weather please check WFSB, NBC, or WINY for closing reports.

## Ongoing Programs:

- Tai Chi on Tuesdays at 10:30.
- Yoga will be @ 10:30 on Thursday afternoons
- BINGO, SETBACK & CRIBBAGE for your playing enjoyment and competitive spirit



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