

Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT



June Events

Ongoing Programs:

- Tai Chi Continues on Tuesdays at 10:30.
- Our Walking Club meets at 10:15 on Wednesdays, come stroll the Airline Trail!
- Yoga will return in July. Anne Richards is away for the summer but we will have a guest instructor.
- BINGO will be held the second and fourth Thursdays.

Tuesday, May 31st- 12:30 Senior Center Activity Planning Session

Help steer the activities at the center! Bring your ideas and help plan activities for upcoming months!

Wednesday, June 1st- Birthday Celebration-Following Lunch

Elsie Johnson has a birthday in June..do you? Come celebrate with us! Cake and a song will help us celebrate June birthdays! If you would like to add your birthday to the list, please see Joyce Bigelow or Jim Jutras.

Thursday, June 2nd- 12:30- Movie: "Living Out Loud"

Judith Nelson quit her medical studies to marry. Years later, her husband, a physician, divorces her to be with another doctor. Deeply frustrated, she now lives alone in her luxury apartment in New York, looking for a new meaning for her life. Pat Francato, the janitor and lift-boy, has a troubled life himself: Gambling debts and the tragic death of his daughter took away all his spirit. One day, he and Judith meet in the right mood and a fragile friendship starts to grow. They can help each other get on their feet again. But one false move could destroy everything they built so carefully.

Monday, June 6th-11:00-3:00 -Pomfret Senior Association June Meeting

The Pomfret Senior Association meets at the Pomfret Senior Center monthly. This group plans and runs social activities and trips for area seniors. Lunch will be served (vegetable or meat lasagna). Please call Gail McElroy at 860-974-0426 by June 3rd to reserve your lunch. Upcoming activities are a luncheon on June 10th at Grill 37, and a whale watch trip on July 13. You can reserve your spot for both of these activities at the meeting.

Tuesday, June 7th and Wednesday, June 22nd- 12:30 Cribbage and Setback

Something new! Cribbage (June 7th) and Setback (June 22nd) at the Pomfret Senior Center! Tutorials will be available for both games.

Wednesday, June 8th-12:30- Rhubarb Bake-Off

Show us your baking skills! Make your favorite rhubarb recipe and bring it in to compete!

Tuesday, June 14th-12:30- Learn at Lunch: Cultural Anthropology

Dr. Sandy Chase, a local anthropologist who teaches at Brown University and Pomfret School, will come to the center to give a talk on "Cultural Anthropology and How it Can be Useful in Today's World". This should be a lively and interesting presentation that will both challenge and inform.

Thursday, June 16th- 12:30-Movie: "The Guardian"

A high school swim champion with a troubled past enrolls in the U.S. Coast Guard's "A" School, where legendary rescue swimmer Ben Randall teaches him some hard lessons about loss, love, and self-sacrifice.

June 21st- Welcome Summer Cookout Celebration

On the day after the Summer Solstice we will celebrate with a cookout! What better way to welcome Summer?

Thursday, June 23rd-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

Tuesday, June 28th- 10:00-4:00- Lighthouse Tour

The Pomfret Senior Center is taking a trip! Bus transportation is provided, please see the back of the newsletter for details!

Wednesday, June 29th- 12:30 Learn at Lunch- Keeping Elderly Pets

Natalie Langlois has been fostering and rescuing pets since 1991. She will provide information on keeping senior pets comfortable at home and solutions on placing pets if the need arises. Natalie is passionate about pet care and will be sure to provide important information for all who attend.

Thursday, June 30th- 12:30- Movie- "Unbroken"

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese Navy and sent to a prisoner-of-war camp.



Lighthouse Cruise Trip

Join us on June 28th for a new perspective on the history of Southern New England and Long Island when you do your sightseeing from the water. Enjoy views of nine lighthouses from New London to Long Island, plus two Revolutionary-era forts, and more! This all takes place aboard the comfortable high-speed SEA JET. The Sea Jet is equipped with modern airline style seating on two enclosed air-conditioned passenger decks with a spacious outdoor deck for viewing the scenery as you listen to an expert narrator. The lighthouses you will see are: New London Harbor Light, Avery Point Lighthouse, New London Ledge Lighthouse, North Dumpling Lighthouse, Race Rock Light, Bug Light, Orient Point Lighthouse, Plum Island Lighthouse, and Little Gull Light.

The cost is \$21.00 per person if you sign up by May 30th. Transportation from the Pomfret Senior Center is being provided. After May 30th the cost is \$28.00, and you can still take advantage of transportation from the Senior Center. Please plan on being at the senior center for 10:00 a.m. The bus will be returning to the Senior Center around 4pm. Contact Monique or Jim at the Senior Center (860-928-7459) to reserve your seat or for more information.

Further information on the lighthouse tour can be found by accessing www.longislandferry.com



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