






# September 2017

## Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Birthdays:</b> Jim D. Jeanette S. Audrey B. Cybil W. Ann V. Armand J. Elfriede K.	<b>5</b> 9:00-11:30– Chair Caning 10:30– Tai Chi	<b>6</b> 10:30– Walking Club 10:30– Activity Planning Meeting 12:15– Movie- “My One and Only ”	<b>7</b> 10:15-11:15– Yoga	<b>8</b> 
<b>11</b>	<b>12</b> 9:00-11:30– Chair Caning 10:30- Tai Chi	<b>13</b> 10:30– Walking Club 12:00– Birthday Celebration 12:30– Bingo	<b>14</b> 10:15-11:15– Yoga	<b>15</b>
<b>18</b> 	<b>19</b> 9:00-11:30– Chair Caning 10:30- Tai Chi 12:30– Trivia	<b>20</b> 10:30– Walking Club 12:15– Movie- “The Family Man”	<b>21</b> 10:15-11:45– Yoga 10:30– Blood Pressure Clinic 11:30– End of Summer Picnic	<b>22</b> 
<b>25</b>	<b>26</b> 9:00-11:30– Chair Caning 10:30– Tai Chi	<b>27</b> 10:30– Walking Club 12:30– Bingo	<b>28</b> 10:15-11:15– Yoga 12:30– Heirlooms	<b>29</b>



Pomfret Senior Center  
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**\* Lunch is served at 11:30 daily**

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