

Pomfret Senior Center
C/O Pomfret Town Hall
5 Haven Road
Pomfret Center, CT 06259
Phone: 860-928-7459
TEEG: 860-923-3458



207 Mashamoquet Road
Pomfret Center, CT 06259
Senior Center: 860-928-7459
TEEG: 860-923-3458

E Mail: seniorcenter@teegonline.org
<https://TEEGonline.org>

Welcome to the Pomfret Senior Center

A Community for those who are over 50 and residing in the northeast corner of CT. There is no income qualification and no membership fee. There are plenty of activities, educational classes, socialization, and a plethora of community resources.



Hi All,

There is a lot happening in December.
Be sure to check out “Happening this Month”
and the calendar for more information.

Inclement Weather

****If Pomfret Schools are closed, then the
Senior Center will be also****

****If there is a two hour delay for Pomfret
Schools, then Senior Center opens at
10:30am****

**In case of inclement weather, you can also
check out the following resources:**

- WINY RADIO 1350AM or 97.1FM
- Channel 3 www.wfsb.com/weather/closings/
- Channel 61 www.fox61.com/closings
- Pomfret Senior Center Facebook Page

Wishing you all a happy and blessed
Christmas!!

TEEG RESOURCES AVAILABLE TO SENIORS

- **Market & Nutrition Assistance:** There are three available locations
Pomfret, Thompson, and Woodstock
 - **CT Energy Assistance Program:** Helps families with heating
 - **Operation Fuel:** Helps families with electric
 - **SNAP:** (Supplement Food Assistance Program)
 - **Medicare:** (CHOICES counseling); **Medicaid**
 - **Homeowner and Rental Rebate**
 - **CSFP:** (Commodity Supplemental Food Program) offers additional
assistance with food
 - **Senior Care Program:** Offers Seniors assistance with senior related
items such as incontinence pads and underwear, heating elements,
vitamins, etc.
 - **St. Joseph Clothing Vouchers:** TEEG's partnership with St. Joseph's
Thrift Store allows residents of Thompson, Woodstock and Pomfret to
receive vouchers each month to redeem at the thrift store.
 - **Transit Passes:** Public transportation offered through Northeastern CT
Transit District. Passes available for fixed route service.
 - **Holiday Programs:** TEEG offers groceries for a full Holiday meal for
Thanksgiving and Christmas. Applications are available in early October.
- For additional information on any of the above, please contact the
TEEG office at 860-923-3458:**
- **Cathy Smith**, Senior Center Coordinator for Market information and
appointments, CSFP, Senior Care Program, and any Senior Center
related questions.
 - **Therese Horvath**, Client Care Manager & Municipal agent of the elderly
for remainder of the resources.

PSC Resources Available to Seniors

(If you don't see it, just ask us!)

The Resource Center: Located in the lower level, you will find the Resource Center. Whatever the source you are looking for, chances are you will find information right there from TEEG Programs, to Senior Resources, CHOICES Counseling, Senior home care, Directory, Town programs, Recreation programs, and much more.

Medical Equipment: Are you a senior in need of a wheelchair, walker, cane, portable toilet or any other senior medical product? We have a lending center with such equipment. For more information, contact us at the seniorcenter@teegonline.org.

Computer Lending Program: Now available to borrow through the lending library. If you are a member of the Pomfret Senior Center, and are interested, please contact Cathy Smith.

Lending Room: Come visit our Lending Room at the senior center where you can borrow a book, video, puzzle, or game.

Happening this Month!

Energy Assistance @ the Center

Energy Assistance enrollment is still open.
Please call 860-923-3458 to make an appointment.

Mobile Market @ Woodstock Town Hall

Tuesday, Dec. 5th from 10:30-11:30

Truffles! Truffles! Truffles!

This is a 2-day activity. On Dec. 12th, we will be making the middle of the truffles to freeze. The next day, Wed. Dec. 13th, we will be dipping the middles into chocolate. Everyone will be able to sample and take some home.

Twice as Nice Meal Program

NEW! This activity is a cooking program that allows you to make a meal for yourself and one to give to a homebound senior.
Please sign up at the Senior Center.

Christmas @ the Senior Center

Our Christmas Party will be

December 20th...

AND remember, the center is closed
on the day after Christmas !



Programs at the Pomfret Senior Center

Physical Programs

Chair Yoga: Directed by Bonny Woodward, offered on Tuesdays 10:30-11:30am

Traditional Yoga: Directed by Bonny Woodward, offered on Wednesdays 10:30-11:30am

Walking Club: starts at the Senior Center, offered on Wednesdays 9:30-10:30am

Recreational Programs

Chair Caning and Basket Weaving: Directed by Joe Doran, offered on Thursdays, 9:30-11:30am.

***Inkling:** Directed by Bonnie Doran, 9:30-11:30, two Thursdays a month.

***Craft Class:** Offered Tuesdays, 12:30-2:00pm.

***Show and Tell:** Offered once a month. Bring your special item and tell us about it.

***Trivia:** Offered once a month on a Thursday.

***Bingo:** Offered once a month on a Thursday.

*** Check calendar
for specifics**

Knitting Club: Directed by Nancy Nystrom, offered every Wednesday .

Game Day: Enjoy the time playing cards, Mexican Dominoes , Five Crowns or any other game that's available.

***Movie Day:** The Silver Screen Theater at the PSC shows a movie once a month.

Chair Massage: By Massage Therapist: Shawn Sheridan, offered the 2nd and 4th Wednesday of each month, 1:00-2:00pm.

Education Programs

Tech Support: Assistance on the computer, photocopying, shredding, cell phones, etc. Appointments are on the 2nd and 4th Tuesdays, 10-11:30am. Call Cathy Smith for an appointment: 860-923-3458.

***Computer Lab:** Need access to a computer or printer? Check our calendar for available days and times.

***Better Life:** Support & guidance for seniors as they mature and begin to face changes in life in areas such as stress management, finances, health & wellness, healthy eating habits, & organizational skills. Check the calendar.

IMPORTANT NUMBERS

SERVICE	NUMBER
Access Agency Willimantic	860-450-7400
Eastern Transport Consortium	860-859-5792
Energy Assistance	860-923-3458
Info Line	211
Meals on Wheels	800-560-5015
Medicare Choices Counselor Therese Horvath	860-923-3458
Northeast CT Transit Dist	860-774-3902
Pomfret Town Hall	860-974-0191
QC Transport	959-444-3902
Senior Center Coordinator Cathy Smith	860-923-3458 seniorcenter@teegonline.org
Senior Center Assistant Laura Bembenek	860-923-3458 laurab@teegonline.org
Social Security	877-405-0488
United Services	860-774-2020
Veterans Affairs	Pomfret-Garry Brown 860-928-7459 Woodstock-Rob Mancini 860-928-6595 Thompson-Rob LeBeau 860-923-9562

IMPORTANT

Additional activities available as well, please review the monthly calendar)

TVCCA SENIOR CAFE MENU- December

TUESDAY

WEDNESDAY

THURSDAY

5 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit	6 Birthday Celebration Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Birthday Treat Grape Juice	7 Cheese Omelet Home Fries Broccoli Mixed Fruit Cup
12 <u>Ethnic Celebration</u> Steamed Pork Dumplings Steamed Rice Asian Vegetable Blend Sweet Treat	13 Braised Beef Tips Garlic Mashed Potatoes Green & Yellow Squash Diced Peaches	14 Cheese Ravioli w/ Marinara Snap Peas Corn w/ Peppers & Onions Diced Pears
19 Meatballs Marinara Penne Pasta Mixed Vegetables Medley Applesauce Cup	20 Holiday Celebration Meal Herb Roasted Prime Rib Garlic Roasted Potatoes Squash w/ Peppers & Carrots Assorted Cookies Apple Juice Dinner Roll w/ margarine	21 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Tropical Fruit Cup
26 Christmas Holiday Senior Nutrition Program Closed	27 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Fresh Orange	28 Beef Chili Loaded Mashed Potatoes Green Beans Waxed Beans Pineapple Tidbits
	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.	

Please make your lunch reservation a week in advance

TEEG

Community * Faith * Business

TEEG Senior Service Program is sponsored in part by Senior Resources Agency on Aging with Title III Funds made through the Older Americans Act.

TEEG Community Markets

Did you know that TEEG now has three community markets available for your convenience? In order to offer better, healthier choices for the community, we have implemented the SWAP program (Supporting Wellness at Pantries). Through this program, TEEG is able to offer more fresh and frozen produce, as well as canned products, that are lower in saturated fats, sodium, and sugar. The Markets are available to ALL in the community. If you would like more information or sign up, please Contact TEEG at 860-923-3458

Here are the three locations and the hours of operation:

Pomfret Community Market: Second and Fourth Tuesdays and every Thursday (Appointment Required)

Tuesdays 2:00-5:00pm * Thursdays 1:00-3:00pm

TEEG Community Market: (Appointment Required)

Mondays 3:00-5:00pm * Wednesdays 1:00-3:00pm * Fridays 10:00-12:00pm

Woodstock Mobile Market: at the Woodstock Town Hall (NO APPOINTMENT REQUIRED, be sure to check calendar)

First Tuesday of the month: 10:30-11:30am

Third Tuesday of the month: 1:30-2:30pm

Seniors 60+ may also qualify for a monthly commodity supplemental box of food. For more information, contact 860-923-3458, Cathy Smith

**** Pomfret Senior Center December Calendar****

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
5			6			7		
10:00-11:30	-Coffee Time -Senior Care Dist	CSFP Dist	9:30-10:30	Walking Club		9:30-11:30	Computer Lab	Chair Caning & Basket Weaving
10:00-11:30	Game Day		10:00-11:30	Coffee Time		9:30-11:30	Christmas Decorating	
10:30-11:30	Computer Lab	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Coffee Time	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
1:00-2:00	Craft w/Mal Shadow Box		12:30-2:00	Readings with Kat & At		1:00-2:00	Birthday Celebration/ Trivia	1-3 pm Pomfret Comm Market
12			13			14		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club		9:30-11:30	Computer Lab	Chair Caning & Basket Weaving
10:00-2:00	Game Day		10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Coffee Time	Inking start 9:30
10:00-11:30	Tech Support	Chair Yoga	10:00-11:30	Coffee Time				
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:30-2:00	Truffles, part 1	2-5 pm Pomfret Comm Market	12:30-2:00	Truffles, part 2 Chair Massage		1:00-2:00	Christmas Bingo	1-3 pm Pomfret Comm Market
19			20			21		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club		9:30-11:30	Computer Lab	Chair Caning & Basket Weaving
10:00-2:00	Game Day		10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Coffee Time	Inkling start 9:30
10:30-11:30		Chair Yoga	10:00-11:30	Coffee Time		10:30-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ Special	
1:00-2:00	Making candy sleighs and trains	2-5 pm Pomfret Comm Market Christmas Dist.	12:30-2:00	Christmas Party @Senior Center		12:30-2:00	Movie—"Elf"	1-3 pm Pomfret Comm Market
26			27			28		
10:00-11:30	CLOSED		9:30-10:30	Walking Club		9:30-11:30	Coffee Time	Chair Caning & Basket Weaving
10:00-11:30	ALL		10:30-11:30	Knitting Club	Traditional Yoga	9:30-11:30	Computer Lab	
10:30-11:30	DAY		10:00-11:30	Coffee Time		10:00-11:30	Game Day	
11:45-12:45			11:45-12:45	Lunch		11:45-12:45	Lunch	
12:30-2:00			1:00-2:00	Chair Massage & Show and Tell		12:30-2:00	Twice as Nice Meal	1-3 pm Pomfret Comm Market
Jan 2			Jan 3			Jan 4		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club		9:30-11:30	Coffee Time	Chair Caning &Basket Weaving
10:00-11:30	Game Day		10:30-11:30	Knitting Club	Traditional Yoga	9:30-11:30	Computer Lab	
10:30-11:30		Chair Yoga	10:00-11:30	Coffee Time				
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
12:30-2:00	Vision Boards	1-3 pm Pomfret Comm Market	12:30-2:00	Readings with Kat & At		12:30-2:00	Birthday Celebration/ Trivia	1-3 pm Pomfret Comm Market