

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 Mails:** [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org)  
[laurab@teegonline.org](mailto:laurab@teegonline.org)

**Websites:** <https://TEEGonline.org>  
<https://www.pomfretct.gov/pomfret-community-center>

## **Welcome!**

**Calling all Northeast Corner CT folks over 50!  
Join our community of kindred spirits, where  
age is nothing but a number. No income  
requirements or membership fees here, just an  
abundance of opportunities to learn, socialize,  
and connect with your neighbors.**

**Discover new hobbies, take classes, and tap  
into a wealth of resources at your fingertips.  
Come and make meaningful connections that  
will last a lifetime.**

# Laura's Circle

## *What is special about March?*

**March 14:** Pi Day celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions and (of course) freshly baked pie.

**March 17:** One of the reasons we wear green on St. Patrick's Day is because of Ireland's nickname, The Emerald Isle. The green stripe in the Irish flag also played a role. Traditionally, the green represents the Catholics of Ireland, the orange represents the Protestant population and the white in the middle symbolizes the peace between the two religions.

**March 20:** The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

**March 31 :**  **Happy Easter**

---

### **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/](http://www.wfsb.com/weather/closings/)
- Channel 61 [www.fox61.com/closings](http://www.fox61.com/closings)
- Pomfret Senior Center Facebook Page

### **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 Senior Center serves as a comprehensive resource hub catering to a range of needs. One can explore the lower level to discover the Resource Center, a one-stop-shop for a wealth of information ranging from TEEG Programs to Senior Resources, CHOICES Counseling, Senior Home Care, and more.*
- \* *For seniors in need of medical equipment such as wheelchairs, walkers, and other products, we offer a lending center. Please contact us at [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org) for more information.*
- \* *If you're a member of the Pomfret Senior Center, you can borrow a computer through our lending library. For further details, kindly reach out to Cathy Smith.*

*Finally, be sure to visit our Lending Room for a range of entertainment options such as books, videos, puzzles, and games.*

## What's Happening This Month

### MOBILE MARKET @ Woodstock Town Hall

Tuesday, March 26th - 1:30pm-2:30pm

### COMMUNITY ARTS COLLABORATIVE

We'll be combining our stories, poems, photographs, artwork, even recipes and ideas, to create and publish a book together. Bring your latest creations (or ones that have been tucked away for years). Don't worry, they will not be graded and don't have to be perfect. We can also use the time to get inspired and work on our next pieces. When it's complete, we'll make it available on Amazon.com for others to enjoy as well. You can choose to have some or all of your pieces published, and whether to be credited or shared anonymously.

### WELCOME TO OUR NEWEST VOLUNTEERS:

Laura Z.—will be here on Thursdays  
Sue—will be here the 2nd Thurs and 4th Tuesdays  
Miriam—will be here a variety of days  
**We are very thankful they are joining our  
already skilled volunteer team!**

# Programs at the Senior Center

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

## 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, 1st and 3rd Thursdays.

**\*Craft Class**: Offered Tuesday afternoons

**\*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.

**Community Arts Collaborative**: Offered the 2nd Thurs and 4th Tues. Combining our stories, poems, photographs, artwork, even recipes and ideas, to create and publish a book together.

## Education Programs

**Tech Support**: Assistance on the computer, photocopying, shredding, cell phones, etc. Call Laura Bembenek 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 Activities Laura Bembenek	860-928-7459 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**

## TVCCA SENIOR CAFE MENU- March

### TUESDAY

### WEDNESDAY

### THURSDAY



1% milk and whole grain bread are served with each meal.

Menu is subject to change without notice.

#### FOOD ALLERGY WARNING:

Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumptions of meals.

**5**  
Cheese Ravioli w/  
Marinara  
Broccoli  
Diced Carrots  
Diced Peaches

**6**  
Meatballs Marinara  
Pasta Shells w/ Herbs  
Peas  
Mandarin Oranges

**7**  
Pesto Chicken  
Garlic Mashed Potatoes  
Cauliflower, Carrots, & Snap  
Peas  
Pineapple Tidbits

**12**  
Shrimp Stir-Fry  
Steamed Rice  
Asian Vegetable Blend  
Fresh Orange

**13**  
**St. Patrick's Day Celebration/ Ethnic Celebration**  
Corned Beef & Cabbage  
Steamed Potatoes  
Sliced Carrots  
Dinner Roll & Margarine  
Irish Soda Bread  
Apple Juice

**14**  
Stuffed Chicken  
w/ Broccoli & Cheese  
Herb Roasted Potatoes  
Zucchini, Peas, & Carrots  
Mixed Fruit Cup



**19**  
**Birthday Celebration**  
Beef Stew  
Steamed Parsley  
Potatoes  
Broccoli  
Birthday Treat  
Orange Juice

**20**  
Chicken Cacciatore  
Penne Pasta w/ Herbs  
Green & Waxed Beans  
Applesauce Cup

**21**  
Salisbury Steak w/ gravy  
Mashed Potatoes  
Corn w/ Peppers & Onions  
Tropical Fruit Cup

**26**  
Country Style Chicken  
Garlic Mashed Potatoes  
Squash Mix  
w/ Carrots  
& String Beans  
Mixed Fruit Cup

**27**  
Stuffed Cabbage Casserole  
Snap Peas  
Lima Beans  
Fresh Fruit

**28**  
Beef Stroganoff  
Gemelli Pasta  
Mixed Vegetables Medley  
Mandarin Oranges

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.

### Pomfret Community Market: (Appointments Required)

First, Second, Third, and Fifth Tuesdays and every Thursday

\* Tuesdays 1:00-4:00pm \* Thursdays 1:00-3:00pm

### TEEG Community Market: (Appointments 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)

Fourth 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 March 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	9:30-10:30	Walking Club/Coffee Time		9:30-11:30	Coffee Time	Caning & Weaving
10:00-2:00	Game Day		10:00-11:30					
10:30-11:30	Computer Lab	<b>NO</b> Chair Yoga	10:30-11:30	Knitting Club	<b>NO</b> Traditional Yoga	10:00-11:30		Inking start 9:30
11:45-12:15	Lunch		11:45-12:15	Lunch		11:45-12:45	Lunch w/ special	
12:00-2:00	Generations Resource		1:00-2:00	Kat & Atticus Read Aloud! “The Things They Carried” by Tim O’Brien		1:00-2:00	Birthday Celebration/ Trivia	1-3 pm Market
12:45-2:00	Jewelry	1-4 pm Market						
12			13			14		
10:00-11:30	Coffee Time	CSFP Dist	9:30-10:30	Walking Club/Coffee Time		9:30-11:30	Coffee Time	Caning & Weaving
10:00-2:00	Game Day	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Tech Support	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:30	Lunch w/special	
12:30-1:30	Gambling Presentation	1-4 pm Market	12:30-2:00	Chair Massage		12:45-2:00	Comm. Arts Collab	1-3 pm Market
19			20			21		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club/Coffee Time		9:30-11:30	Coffee Time	Caning & Weaving
10:30-11:30	Game Day	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:30-11:30	Blood Pressure Clinic	Inkling start 9:30
11:45-12:15	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:45-2:00	Craft with Mal	1-4 pm Market	12:30-2:00	Movie		12:30-2:00	Jeopardy!	1-3 pm Market
26			27			28		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club/Coffee Time		9:30-11:30	Coffee Time	Caning & Weaving
10:30-11:30	Game Day	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:45-2:00	Comm. Arts Collab	<b>NO MARKET</b>	1:00-2:00	Chair Massage	Bulb Project	12:30-2:00	Bingo	1-3 pm Market
April 2			April 3			April 4		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club / Coffee Time		9:30-11:30	Coffee Time	Caning &Weaving
10:30-11:30	Game Day	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		Inking start 9:30
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:15	Lunch w/special	
12:00-2:00	Generations Resource	1-4 pm Market	1:00-2:00	Readings with Kat & At		12:30-2:00	Birthday Celebration/ Trivia	1-3 pm Market