

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



Senior Center
May 2024
Newsletter & Calendar

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TEEG: 860-923-3458

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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.

Spring Recipe

Serve this sheet-pan meal with brown rice, cauliflower rice, or mashed potatoes and a side salad for an easy weeknight dinner.

INGREDIENTS:

- 1/3 cup honey
- 1 1/2 tablespoons reduced sodium soy sauce or tamari
- 4 cloves garlic, minced (about 1 1/2 tablespoons)
- 1 tablespoon cider vinegar
- 1/4 teaspoon crushed red pepper
- 8 (5 ounce) bone-in, skin-on chicken thighs
- 1 pound small carrots, sliced into 1/2-inch pieces
- 2 tablespoons olive oil, divided
- 4 cups broccoli florets (about 1 pound)
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 teaspoon cornstarch
- 1 teaspoon water

DIRECTIONS:

Whisk honey, soy sauce (or tamari), garlic, vinegar and crushed red pepper in a small bowl. Place chicken and half of the honey mixture (about 1/4 cup) in a zip-top plastic bag; remove excess air and seal bag. Massage the chicken in the sealed bag until well coated. Refrigerate for at least 30 minutes and up to 2 hours. Reserve the remaining honey mixture.

Preheat oven to 400°F. Line a large rimmed baking sheet with foil; coat with cooking spray. Remove the chicken from the marinade (discard marinade); arrange on 1 side of the prepared pan. Combine carrots and 1 tablespoon oil in a medium bowl; toss well to coat. Spread the carrots in an even layer on the other side of the pan. Bake the chicken and carrots for 15 minutes. Remove from the oven; stir the carrots.

Combine broccoli and the remaining 1 tablespoon oil; toss well to coat. Distribute the broccoli evenly over the chicken and carrots on the pan. Sprinkle salt and pepper over all. Bake until the vegetables are tender and a thermometer inserted in the thickest portion of the chicken registers 165°F, 15 to 18 minutes.

Meanwhile, whisk cornstarch and water in a small bowl until no clumps remain. Combine the cornstarch mixture and the reserved honey mixture in a small saucepan; bring to a simmer over medium-low heat, whisking once or twice. Simmer, whisking often, until the sauce is clear and thickened, about 2 minutes. Drizzle over the chicken and vegetables. Serve hot.

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 and gas
- **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 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, DVDs, puzzles, and games.

What's Happening This Month

MOBILE MARKET @ Woodstock Town Hall

Tuesday, May 28th - 1:30pm-2:30pm

SOLAR PANEL DEBATE DEMO

Students from Killingly High School will have a presentation that takes about 15 minutes. Then the students will take questions from the audience.

SPEAKER PANEL

May 14th, presented by Senior Resources. It will be a 90 minute timeframe in order to cover 3 speakers and questions from the audience. The topics would be Technology, Transportation and Volunteerism/Staying engaged.

BOOK CLUB

First meeting of our book club will be May 15th at 12:30pm. We'll be meeting to pick a book and plan out the expectations of the club.

CRAFTING WITH MAL

We'll be making cute button flower bouquets.



MOVIE

The movie this month will be "We Bought A Zoo", starring Matt Damon.

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 9:30am, depending on the weather

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.

* Check calendar for specifics

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

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 Bembene 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
Access Agency, Danielson	860-412-1600
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	959-444-3287
Senior Center Coordinator Cathy Smith	860-923-3458 seniorcenter@teegonline.org
Senior Center Activities Laura Bembene	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- May

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/ LDN.

1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.	1 Chicken Parmesan Penne Pasta w/ marinara Green Beans Fresh Orange 	2 Beef Hot Dog w/ Bun Baked Beans Mixed Vegetables Medley Mixed Fruit Cup
7 Beef & Bean Chili Pasta Shells w/ Herbs Mixed Vegetables Medley Fresh Fruit	8 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges	9 Stuffed Shells w/ marinara Carrot Coins Waxed Beans Applesauce Cup
14 Vegetarian Lasagna Diced Carrots Snap Peas Tropical Fruit Cup	15 <u>Birthday Celebration</u> Creamy Dijon Chicken Garlic Mashed Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Grape Juice	16 Crispy Cod Macaroni & Cheese Broccoli Diced Pears 
21 <u>Ethnic Celebration</u> Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice	22 Pot Roast w/ gravy Parsley Steamed Potatoes Corn w/ Peppers & Onions Pineapple Tidbits	23 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup
28 Pesto Grilled Chicken Rice Pilaf Corn w/ Peppers & Onions Applesauce Cup	29 Pineapple Glazed Ham Glazed Sweet Potatoes Green & Waxed Beans Diced Peaches 	30 American Chop Suey Carrot Coins Peas & Pearl Onions Fresh Orange

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

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***

Please make your lunch reservation a week in advance

** Pomfret Senior Center May Calendar **

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
30			1			2		
10:00-11:30	Coffee Time		9:30-10:30	Coffee Time	NO WALKING	9:30-11:30	Coffee Time	Caning & Weaving
10:00-2:00	Game Day		10:30-11:30	Solar Panel Debate Demo w/students				
10:30-11:30	Computer Lab	NO YOGA	10:30-11:30	Knitting Club	NO YOGA	10:00-11:30		Inking starts 9:30
11:45-12:15	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:45-2:00	Just for Fun w/Miriam	1-4 pm Market	1:00-2:00	Kat & Atticus Read Aloud!		1:00-2:00	Birthday Celebration/ Trivia	1-3 pm Market
7			8			9		
10:00-11:30	Coffee Time	Senior Care	9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning & Weaving
10:00-2:00	Game Day		10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Computer Lab	
11:45-12:45	Lunch	Generations Resource	11:45-12:45	Lunch		11:45-12:30	Lunch w/special	
12:45-2:00	Craft w/Mal—button flower bouquets	1-4 pm Market	12:30-2:00	Chair Massage	Show and Tell	12:45-2:00	Comm. Arts Collab	1-3 pm Market
14			15			16		
10:00-11:30	Coffee Time	CSFP	9:30-10:30	Coffee Time	Walking Club	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 starts 9:30
11:45-12:15	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:45-2:00	Speaker Panel	1-4 pm Market	12:30-2:00	Book Club		12:30-2:00	Fun with Miriam	1-3 pm Market
21			22			23		
10:00-11:30	Coffee Time		9:30-10:30	Coffee Time	Walking Club	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	
12:30-2:00	Fun with Miriam	1-4 pm Market	1:00-2:00	Chair Massage	Music with Joyce	12:45-2:00	Movie “We Bought A Zoo”	1-3 pm Market
28			29			30		
10:00-11:30	Coffee Time		9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning &Weaving
10:30-11:30	Game Day	NO YOGA	10:30-11:30	Knitting Club	NO YOGA	10:00-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:45-2:00	Comm. Arts Collab	NO MARKET	12:30-1:30	Healthy Dessert/Blood Pressure/ A1c Clinic		12:45-2:00	Bingo	1-3 pm Market