

** Pomfret Senior Center April 2022 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
5			6			7		
10:00-10:30	Lunch pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-3:00	Senior Care&CSFP	PCM	1:00-2:00	Show N' Tell/ Knitting Club		1:00-3:00pm	Birthday Celebration & Trivia	
12			13			14		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Cake Deco	Tech Support	1:00-2:00	Knitting Club	Chair Massage	2:00-3:00	Beeyonder: Argentina	
						1:00-3:00		PCM
19			20			21		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
12:30-2:00	Better Life: Main- taining Finances		1:00-2:00	Knitting Club		1:00-2:00	Bingo	
1:00-3:00		PCM						
26			27			28		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
12:30-2:00		Movie: Being the Ricardos	12:30-2:00	Community Out- reach: Probate		1:00-2:00	Make N' Take Recipe Club	
			1:00-2:00		Chair Massage	1:00-3:00		PCM

TVCCA SENIOR CAFE MENU

April 2022

TUESDAY

WEDNESDAY

THURSDAY

<p>5</p> <p>Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Broccoli Fresh Fruit</p>	<p>6</p> <p><u>Birthday Celebration</u> Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Orange Juice</p>	<p>7</p> <p>BBQ Pulled Pork w/ Bun Baked Beans Mixed Vegetables Medley Pineapple Tidbits</p>
<p>12</p> <p>Italian Pork Sausage & Peppers Penne Pasta w/ marinara Green & Waxed Beans Sweet Treat Apple Juice</p>	<p>13</p> <p>Pot Roast Parsley Steamed Potatoes Mixed Vegetables Medley Fresh Orange</p>	<p>11</p> <p>American Chop Suey Zucchini Peas & Carrots Mixed Fruit Cup</p>
<p>19</p> <p>Salisbury Steak w/ gravy Egg Noodles Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p>	<p>20</p> <p><u>Easter Celebration</u> Baked Ham Mashed Potatoes Green Beans Dinner Roll & Margarine Carrot Cake Grape Juice</p>	<p>21</p> <p>Pesto Grilled Chicken Rice Pilaf Corn w/ Onions & Peppers Fresh Orange</p>
<p>26</p> <p>Stuffed Chicken Cordon Bleu Buttermilk Mashed Potatoes Corn w/ Peppers & Onions Applesauce Cup</p>	<p>27</p> <p>Cod w/ Herbs & Tomatoes Roasted Garlic Rice Zucchini Tropical Fruit Cup</p>	<p>28</p> <p>Pork Sausage & gravy Tater Tots Mixed Vegetables Medley Pineapple Tidbits</p>
	<p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice.</p>	<p><u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>

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.

Senior Care Program at TEEG

-Are you age 60+?
-Do you use senior products such as incontinence underwear, incontinence pads, heating elements, vitamins, or eye drops?
TEEG may be able to assist you with these items. Contact Cathy Smith(860)923-3458, for additional information.

Connecticut's State Health Insurance Assistance Program - **CHOICES** – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plan. CHOICES Counselors are not insurance agents/brokers and do not charge for services. Contact TEEG today to schedule an appointment with a Certified CHOICES Counselor to discuss your Medicare



The Resource Center

Located in the lower level of the building, you will find the revamped Resource Center. Whatever the source you are looking for, chances are you will find information on it right there in the building from TEEG Programs, to Senior Resources, Choices Counseling, senior home care, Directory, Town programs, Recreation programs, and much more. If you don't see it, just ask us.

Please make your lunch reservation a week in advance