

# \*\* Pomfret Senior Center August 2022 Calendar\*\*

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
2			3			4		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
						10:00-11:30	Game Day	
10:30-11:30		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		1:00-2:00	Birthday Celebration & Trivia	
1:00-2:00	Senior Care&CSFP		1:00-2:00	Show N' Tell/ Knitting Club		1:00-3:00pm		PCM
9			10			11		
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	Knitting Club	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: beach painting	Tech Support	1:00-2:00	Knitting Club	Chair Massage	1:00-2:00	Bingo	
1:00-3:00		PCM				1:00-3:00		
16			17			18		
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	Knitting Club	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	Recipe Club		12:30-2:00			12:30-2:00	Jewelry Class	
1:00-3:00						1:00-3:00		PCM
23			24			25		
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	Knitting Club	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	Tech Support					12:30-2:00	Five Crowns	
1:00-3:00		PCM						
2:00-3:00	Beeyonder-Germany		1:00-2:00	Knitting Club	Chair Massage			
30			31					
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr			
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	BBQ				
12:30-2:00	Movie		1:00-2:00					

# TVCCA SENIOR CAFE MENU

## August 2022

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

<b>2</b> Stuffed Shells w/ Marinara Lima Beans Diced Carrots Tropical Fruit Cup	<b>3</b> Cod w/ Lemon Dill Sauce Rice Pilaf Cauliflower, Carrots, & Snap Peas Fresh Orange	<b>4</b> Western Omelet Sweet Potato Tater Tots Mixed Vegetables Medley Applesauce Cup
<b>9</b> Steak Fajitas w/ cheddar cheese Spanish Rice Broccoli Mixed Fruit Cup	<b>10</b> <u><b>Birthday Celebration</b></u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green & Waxed Beans Birthday Treat Orange Juice	<b>11</b> <u><b>Ethnic Celebration</b></u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges
<b>16</b> Swedish Meatballs Egg Noodles Green & Yellow Squash Fresh Orange	<b>17</b> <u><b>August Celebration</b></u> BBQ Pulled Pork w/ Bun Baked Beans Coleslaw Carrot Cake Grape Juice	<b>18</b> Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Pineapple Tidbits
<b>23</b> Cheese Ravioli w/ Marinara Green Beans Carrot Coins Sweet Treat Orange Juice	<b>24</b> Chicken Cacciatore Farfalle Pasta w/ Herbs Mixed Vegetables Medley Diced Peaches	<b>25</b> Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Zucchini Diced Pears
<b>30</b> Stuffed Chicken Cordon Bleu Roasted Garlic Rice Corn w/ Onions & Peppers Mandarin Oranges	<b>31</b> Sloppy Joe w/ Bun Herb Roasted Potatoes Broccoli Pineapple Tidbits	<b>1% Milk and Whole Grain Bread served with each meal.</b>  <b>Menu is subject to change without notice.</b>

**Please make your lunch reservation a week in advance**

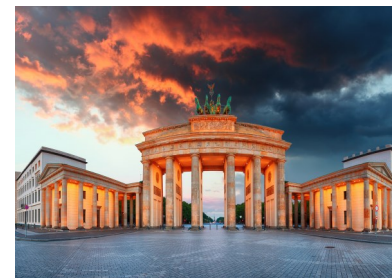


**Summer BBQ**  
**Wednesday, August 31st**  
**11:45am**

Jim will be on the grill cooking up some yummy BBQ. Bring a side dish or dessert to share and celebrate and come join us for a fun filled afternoon.

*Five Crowns Tournament*  
*Thursday, August 25th*  
*12:30-2:00pm*

**Beeyonder Presents**  
**A Tour of**  
**Germany**



Tuesday, Aug 23, 2022  
 The virtual tour of Berlin's most beautiful squares will begin at 2:00pm on the main level of the Pomfret Community Center