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**Pomfret Senior Center
Newsletter & Calendar**

**207 Mashamoquet Road
Pomfret Center, CT 06259
Center: 860-928-7459
TEEG: 860-923-3458
Town Hall 860-974-0191**

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

Welcome to the Pomfret Senior Center

All activities are open to any senior (50 plus) in the surrounding communities. There is no income qualification and there is no membership fee. If you would like to participate in any of the activities, you may sign up by emailing seniorcenter@teegonline.org.

Lunch is available at the center Tuesday-Thursday
11:45-12:45pm.

Please note the Pomfret Senior Center is a mask required facility. If you do not have one upon entering the building, we will provide you with one.

We hope you enjoy your time here.



Introducing a new class

A Better Life

This class will help you to age gracefully and to live your best life.

You'll receive support and encouragement from other seniors who are going through the same things you are. You'll learn how to manage stress, finances, health and wellness, healthy eating and habits, and organizational skills.

And that's just the beginning.

Classes will be the third Tuesday of each month



A Better Life Healthy Eating: Healthy eating doesn't have to be boring. Each Thursday, along with the TVCCA lunch, we've added a healthy side dish. Whether it be a soup, salad, or dessert, you can be sure it's healthy for you and delicious. Just ask the seniors who have already tried some of the dishes, or come join us and taste for yourself!

Covid News

For the health and safety of everyone at the senior center, we recommend that all individuals who wish to enter our building be fully vaccinated. For more information on how to get vaccinated, please contact TEEG at 860-923-3458 or email senior-center@teegonline.org

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: One day a week, alternating days
(Appointment Required)

Tuesdays 1:00-3:00pm * 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)

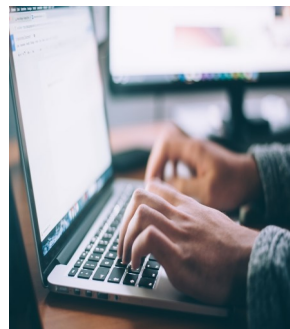
Second Tuesday 10:30-11:30 and Third Thursday of the month 1:00-2:00pm

Due to Holiday Distribution, the Woodstock Mobile market will be available on a temporary schedule. It will run Tuesday, December 7th, 10:30-11:30 and Thursday, December 16th, 1:00-2:00pm

Membership: Bear with us as we update all your paperwork. I know, we all dislike paperwork, however, it is necessary for all of the running programs to run as they do. With that being said, please be sure you've completed all of it according to the programs you have signed up for. Thank you for your patience.

Lending Room

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



Tech Support Tuesdays

Need assistance on the computer or need to do some photocopying or shredding? We can help you. Support is available the 2nd and 4th

Tuesday, 1:00-2:00pm. Call 860-923-3458 to set up an appointment.

Where can you get a booster shot? Here are some local places:

- WALMART: walk in
- CVS: by appointment
- Walgreens: by appointment

*May your December be filled with
colors of Hope*



Do you need help with energy assistance this year?

Do you receive cash assistance (TFA, State Supplement, Refugee Cash) or supplemental Security Income? Do you receive SNAP?

If you do, you may qualify for assistance

Call TEEG at 860-923-3458 to book your appointment

Movie Day is back at the Pomfret Senior Center

Here's what's playing

"Mulan" 2020 vs

Thursday, December 2, 2021

Time: 10:30-11:45am (first half)

Lunch intermission 11:45-12:15pm

Second half: 12:15-1:00pm

