

** Pomfret Senior Center February 2022 Calendar **

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
1			2			3		
10:00-10:30	Lunch pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00:00-11:30	Knitting Club & Game Day	
10:30-11:30		Chair Yoga	10:00-11:30	Game Day		10:00-12:00		Movie: Encanto
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00		Senior Care & CSFP	1:00-2:00	Show N' Tell		1:00-3:00pm		PCM
8			9			10		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club & Game Day "31"	
10:30-11:30		Chair 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: Trinket Dish	Tech Support	1:00-2:00	Game Day	Chair Massage	1:00-2:00	Birthday Celebration & Trivia	
1:00-3:00		PCM						
15			16			17		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club & Game Day	
10:30-11:30		Chair Yoga	10:30-11:30	Game Day				
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00			1:00-2:00	Community Outreach Event: Probate Court		1:00-2:00	Bingo	
						1:00-3:00		PCM
22			23			24		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club & Game Day	
10:30-11:30		Chair 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	Book Club		1:00-2:00	Game Day	Chair Massage	1:00-2:00	Make N' Take Recipe Club	
1:00-3:00		PCM						

TVCCA SENIOR CAFE MENU

February 2022

TUESDAY

WEDNESDAY

THURSDAY

1 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Mixed Fruit Cup	2 <u>Ethnic Celebration</u> Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup	3 Stuffed Chicken w/ Broccoli & Cheese Glazed Sweet Potatoes Green Beans Diced Pears
8 <u>Birthday Celebration</u> Chicken Parmesan Pasta Shells w/ marinara Green & Yellow Squash Birthday Treat Orange Juice	9 Beef Stew Steamed Parsley Potatoes Broccoli Fresh Fruit	10 Crispy Cod Patty Macaroni & Cheese Zucchini, Peas, & Carrots Mandarin Oranges
15 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Squash Mix w/ Carrots & String Beans Fresh Orange	16 <u>February Celebration Meal</u> Spaghetti & Meatballs Garlic Bread Garden Salad Chocolate Cake Brownies Grape Juice	17 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Applesauce Cup
22 Hungarian Goulash Lemon Parmesan Pasta Broccoli Diced Pears	23 Chicken Cordon Bleu Garlic Mashed Potatoes Mixed Vegetables Medley Pineapple Tidbits	24 Stuffed Shells w/ marinara Carrot Coins Waxed Beans Fresh Orange
	1% milk and whole grain bread served with each meal. Menu is subject to change without notice.	<u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)

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.

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.



NORTHEAST PROBATE COURT

Community Outreach Event

With Northeast Probate Judge Leah Schad



And Chief Clerk Mary Ann Champney



Court staff will be available to...

- Assist with court matters
- Help find and fill out forms
- Provide information on local resources
- Answer questions about the Probate system in CT

What does the Probate Court do?

- Helps families who have lost a loved one settle their estate
- Appoints conservators when a family member is no longer capable of caring for themselves
- Appoints guardians to protect the intellectually disabled
- Handles matters involving children in need

WHEN

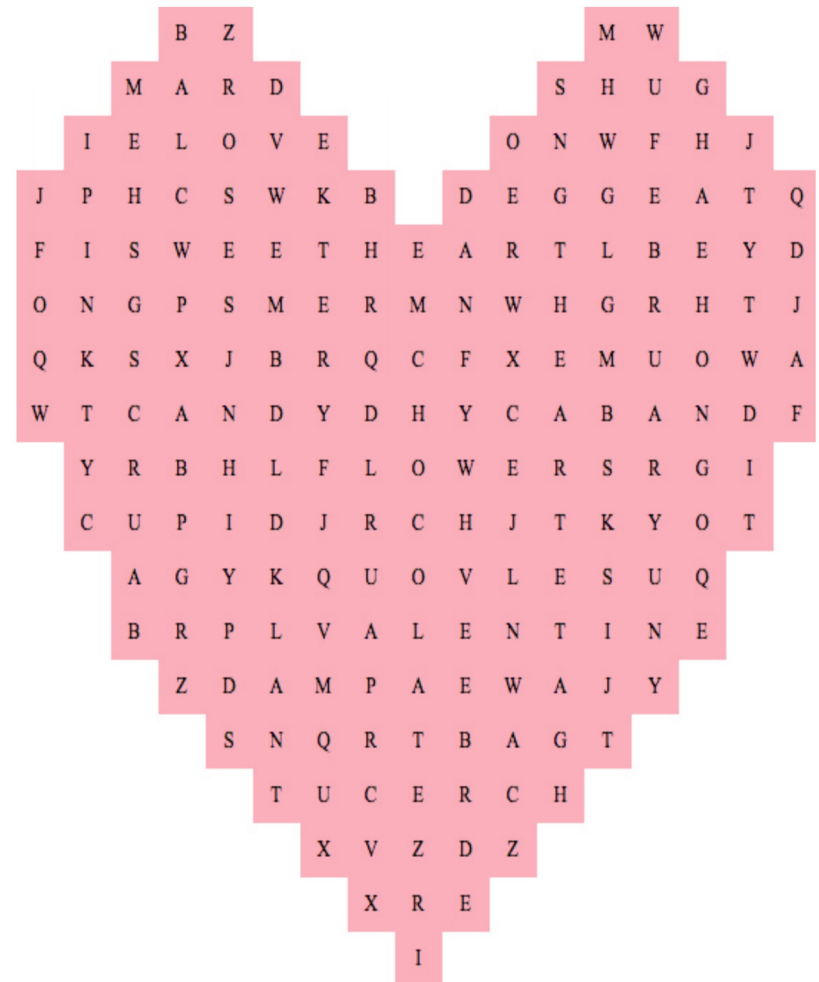
12:30 PM - 2:30 PM
Wednesday, February 16th

WHERE

Pomfret Senior Center
207 Mashamoquet Road
Pomfret, CT 06259



Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET

~Notes~

~Notes~