

# TVCCA SENIOR CAFE MENU

## February 2023

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

	1 Italian Pork Sausage & Peppers Penne Pasta w/ marinara Zucchini, Peas, & Carrots Fresh Fruit	2 Sloppy Joe w/ Bun Herb Roasted Potatoes Mixed Vegetables Medley Pineapple Tidbits
7 <b><u>Birthday Celebration</u></b> Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice	8 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Mixed Fruit Cup	9 Stuffed Shells w/ marinara Carrot Coins Waxed Beans Applesauce Cup
14 Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup  <b>HAPPY VALENTINE'S DAY</b>	15 Chicken Fried Beef Steak Garlic Mashed Potatoes Green & Waxed Beans Pineapple Tidbits	16 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears
21 Chicken Parmesan Pasta Shells w/ marinara Zucchini & Yellow Squash Fresh Fruit	22 <b><u>Ash Wednesday</u></b> Cheese Lasagna Roll-Ups Carrot Coins Lima Beans Sweet Treat Grape Juice	23 Pork Sausage & Gravy Home Fries Broccoli Diced Peaches
28 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits		1% milk and whole grain bread served with each meal. Menu is subject to change without notice.

Please make your lunch reservation a week in advance

### What's New?

**We've added an additional days at the Pomfret Market. Call Cathy Smith 860-923-3458 to schedule an appointment or if you have any questions.**

**Generation Health has joined the Senior Center! If you are a senior and part of Generations, come visit us and find out all the resources available to you. Dates my vary, so check the calendar for specific dates and time.**

**Day Kimball Health has joined us on the third Thursday of each month for a "Blood Pressure Clinic". Email [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org) and schedule your appointment.**

**The Computer Lab is up and running during senior center hours. If you need access to a computer, come visit us at the center.**

# \*\* Pomfret Senior Center February 2023 Calendar \*\*

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
<b>31</b>			<b>1</b>			<b>2</b>		
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 w/ special	
12:30-2:00	What's Cookin'		1:00-2:00	Show n' Tell		1:00-2:00	Birthday Celebration/ Trivia	
						1:00-3:00		PCM
<b>7</b>			<b>8</b>			<b>9</b>		
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 w/special	
12:30-1:30	Craft picture books with Mal	CSFP and Senior Care Distribution	1:00-2:00	Chair Massage		1:00-2:00	Bingo	
						1:00-3:00		PCM
<b>14</b>			<b>15</b>			<b>16</b>		
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			10:30-11:30	Blood Pressure Clinic	
1:00-2:00	Generations Community Health	Tech Support	12:30-2:00			11:45-12:45	Lunch w/ Special	
2:00-5:00		PCM				1:00-3:00		PCM
<b>21</b>			<b>22</b>			<b>23</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr			No 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 w/ special	
12:30-2:00	Craft: Lucky Charm Bracelets			Chair Massage		12:30-2:00	Movie Afternoon: Shotgun Wedding	
						1:00-3:00		PCM
<b>28</b>			<b>1</b>			<b>2</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00		Tech Support				12:30-2:00	Birthday Celebration/ Trivia	
2:00-5:00		PCM	12:30-2:00	Show n' Tell		1:00-3:00		PCM