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**Pomfret Senior Center
January 2023
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, we strongly suggest you wear a mask at the Pomfret Senior Center. Masks are available at the reception desk.

We hope you enjoy your time here.

What's New?

We've added additional days at the Pomfret Market.

Call Cathy Smith 860-923-3458 to schedule an appointment or if you have any questions.

TEEG Resources Available to Seniors

-Market: nutrition assistance: There are three available locations Pomfret, Thompson, and Woodstock

-CT Energy Assistance Program: Helps family with heating

-Operation Fuel: Helps families with electric

-SNAP (Supplement Food Assistance Program)

-Medicare (CHOICES counseling)

-Medicaid

-Homeowner and rental rebate

-CSFP: (Commodity Supplemental Food Program) offers additional assistance with food

-Senior Care Program: Offers Seniors assistance with senior related items such as incontinence pads and underwear, heating elements, vitamins, etc.

For additional information on any of the above, please contact the TEEG office at 860-923-3458:

-Senior Center Coordinator: Cathy Smith for Market information and appointments, CSFP, Senior Care Program, and any Senior Center related questions.

Client Care Manager & Municipal agent of the elderly: Therese Horvath for remainder of the resources

What We Offer at the Pomfret Senior Center

Are you a senior in need of a wheelchair, walker, cane, portable toilet or any other senior medical product? Did you know that we have a lending center with such equipment? Contact us at seniorcenter@teegonline.org for more information.



The Resource Center



Located in the lower level you will find the revamped Resource Center. Whatever the source you are looking for, chances are you will find information 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.

Computer Lending Program

Now available to borrow through the lending library,. If you are a member of the Pomfret Senior Center, and are interested, please contact Cathy Smith 860-923-3458 or email us at seniorcenter@teegonline.org

Physical Programs

Chair Yoga: Directed by Bonnie Woodward, offered on Tuesdays 10:30-11:30am

Traditional Yoga: Directed by Bonnie Woodward, offered on Wednesdays 10:30-11:30am

Walking Club: starts at the Railroad Drive entrance, offered on Wednesdays 9:00-10:00am

Recreational Programs

Chair Caning and Basket Weaving: Directed by Joe Doran, offered on Thursdays, 9:30-11:30am

Craft Class: Directed by Cathy Smith, offered Tuesdays, 12:30-2:00pm (Review calendar for specific date and activity)

Show and Tell: Offered on a Wednesday, 1:00-2:00pm (check calendar for specific day)

Trivia: Offered once a month on a Thursday (check calendar for specific day)

Bingo: Offered once a month on a Thursday (check calendar for specific day)

Knitting Club: Directed by Nancy Nystrom, offered every Wednesday

Movie Day: The Silver Screen Theater at the PSC shows a movie once a month. Check the calendar for Movie, date, and time

Chair Massage: By Massage Therapist: Shawn Sheridan, offered the 2nd and 4th Wednesday of each month, 1:00-2:00pm

Education Programs

Tech Support: Assistance on the computer, photocopying, shredding, cell phones, etc. Appointments are on the 2nd and 4th Tuesdays, 12:30-2:00pm. Call Cathy Smith for an appointment: 860-923-3458.

Better Life: Support and guidance for seniors as they mature and begin to face changes in life in areas such as stress management, finances, health & wellness, healthy eating habits, & organizational skills. Check calendar as day of event may vary.

(Additional activities available as well, please review the monthly calendar)

We LOVE our Volunteers!

The Pomfret Senior Center, Pomfret Community Market, and TEEG would not be able to run as it does without the help of our amazing volunteers. I wanted to take a moment and thank all of you for your willingness to partner with us to make our community a better place.

There are so many opportunities to help out, so if you are reading this and are interested in joining our volunteer team, email us at:

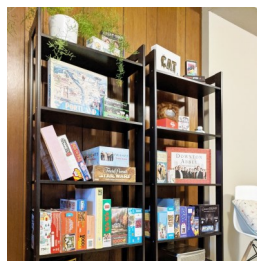
seniorcenter@teegonline.org

YOU MAKE A DIFFERENCE!

A special thank you for all those who donated to the Pomfret Community Market throughout the year. With your help, we were able to serve over 500 families in the year 2022. With such a high need in our little corner of Connecticut, it was necessary to add an additional two days in this New Year with later to accommodate the working families. If you would like to make an appointment, please call 860-923-3458.



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



Lending Room

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



TEEG Senior Service Program is sponsored in part by Senior Resources Agency on Aging with Title III Funds made through the Older Americans Act.

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: Second and Fourth Tuesdays and every Thursday (Appointment Required)

Tuesdays 2:00-5:00pm * 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)

First Tuesday of the month: 10:30-11:30am

Third Tuesday of the month: 1:30-2:30pm

****Seniors 60+ may also qualify for a monthly commodity supplemental box of food. For more information, contact 860-923-3458,**