

** Pomfret Senior Center July 2022 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
5			6			7		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	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	Painted Rocks	1:00-2:00	Show N' Tell/ Knitting Club		1:00-3:00pm		PCM
12			13			14		
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: Garden Twirls	No Tech Support	1:00-2:00	Knitting Club	Chair Massage	1:00-2:00	Bingo	
						1:00-3:00		PCM
19			20			21		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30	Croquet @ Roseland Cottage	Chair Caning
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 @ Roseland Cottage	
1:00-2:00	Cards w/ Mal		12:30-2:00	Movie: June Again				
1:00-3:00		PCM						
26			27			28		
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	Ice Cream Tuesday	Tech Support				1:00-2:00	Recipe Club	
			1:00-2:00	Knitting Club	Chair Massage	1:00-3:00		PCM

TVCCA SENIOR CAFE MENU

July 2022

TUESDAY

WEDNESDAY

THURSDAY

<p>5 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green & Waxed Beans Birthday Treat Grape Juice</p>	<p>6 Salisbury Steak w/ gravy Parsley Potatoes Zucchini, Peas, & Carrots Applesauce Cup</p>	<p>7 <u>Ethnic Celebration</u> Shrimp Stir Fry Steamed rice Asian Vegetable Blend Mandarin Oranges</p>
<p>12 Italian Pork Sausage & Peppers Penne Pasta w/ marinara Squash Mix w/ Carrots & String Beans Fresh Fruit</p>	<p>13 Country Style Chicken Buttermilk Mashed Potatoes Green Beans Tropical Fruit Cup</p>	<p>14 Philly Cheesesteak w/ Roll Herb Roasted Potatoes Cauliflower, Carrots, & Snap Peas Applesauce Cup</p>
<p>19 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Applesauce Cup</p>	<p>20 <u>July Celebration Meal</u> Hamburger w/ Bun Lettuce, Tomato, Cheese Potato Salad Coleslaw Strawberry Shortcake Orange Juice</p>	<p>21 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears</p>
<p>26 Beef Hot Dog w/ Bun Baked Beans Zucchini & Yellow Squash Pineapple Tidbits</p>	<p>27 Stuffed Cabbage Casserole Peas Waxed Beans Diced Peaches</p>	<p>28 Pork Sausage & gravy Home Fries Mixed Vegetables Medley Tropical Fruit Cup</p>

Please make your lunch reservation a week in advance



ICE CREAM TUESDAY
Join us on **TUESDAY, July 26 2022**
1:00-2:00pm

There's nothing better than ice cream in July. Come join us for an ice cream buffet. There will be a variety of flavors and toppings so you can create your own ice cream.

Cards with Mal

Date: Tuesday, July 19, 2022

Time: 1:00-2:00pm

Sign up at the senior center or email: seniorcenter@teegonline.org

Spring is here!!

**Join us for
Croquet at
Roseland Cottage**



When: Thurs, July 21, 2022
Time: 9:30-11:45 croquet
11:45-12:45 Lunch