

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



Pomfret Senior Center

March 2022

Newsletter & Calendar

207 Mashamoquet Road

Pomfret Center, CT 06259

Center: 860-928-7459

TEEG: 860-923-3458

Town Hall 860-974-0191

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.



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.

Next Class: Tuesday, April 19, 2022, 1:00-2:00pm



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!



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)

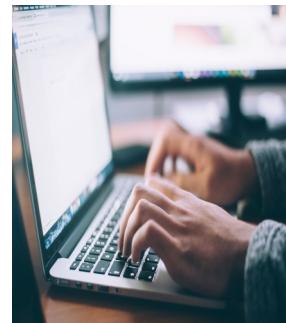
Second Tuesday 10:30-11:30 and Third Thursday of the month 1:00-2:00pm

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

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

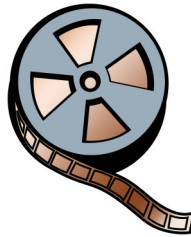
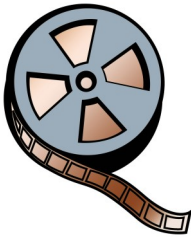
-Walgreens: by appointment

**The Silver Screen Theater at
the Pomfret Senior Center**

Tuesday, March 29, 2022

Midnight in Paris

(Snacks and drinks provided)



Chair Caning and Basket Weaving are back at the Pomfret Senior Center starting this month on Thursdays. For day and time, please see the calendar.



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: Wednesday, April 27, 2022

Time: 12:30-2:00

Place: Pomfret Senior Center

207 Mashamoquet Road

Pomfret, CT