

** Pomfret Senior Center March 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	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	11:45-12:45	Lunch	
11:45-12:45	Lunch		11:45-12:45	Lunch		1:00-2:00	New Game: Five Crowns	
1:00-2:00		Senior Care & CSFP	1:00-2:00	Show N' Tell/ Knitting Club		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	Game Day	Chair caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00		Tech Support	1:00-2:00	Knitting Club	Chair Massage	1:00-2:00		
1:00-3:00		PCM				3:00-4:00		Beeyonder: Ireland
15			16			17		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Spring Wreath		1:00-2:00	Knitting Club		1:00-2:00	Birthday Celeb/ Trivia	
						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	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Five Crown Tour- nament		1:00-2:00	Knitting Club	Chair Massage	1:00-2:00	Bingo	
1:00-3:00		PCM						
29			30			31		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	At Railroad Dr	10:00-11:30	Knitting/Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	11:45-12:45	Lunch	
11:45-12:45	Lunch		11:45-12:45	Lunch		1:00-2:00	Recipe Club	
12:30-2:00		Movie: Midnight in Paris	1:00-2:00	Knitting Club		1:00-3:00		PCM

TVCCA SENIOR CAFE MENU

February 2022

TUESDAY

WEDNESDAY

THURSDAY

1 Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Mixed Fruit Cup	2 <u>Ash Wednesday</u> Crispy Cod Macaroni & Cheese Broccoli Applesauce Cup	3 Philly Cheese Steak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Diced Peaches
8 Beef Stew Steamed Parsley Potatoes Broccoli Fresh Fruit	9 <u>Birthday Celebration</u> Chicken Parmesan Pasta Shells w/ marinara Green & Yellow Squash Birthday Sweet Orange Juice	10 Western Omelet Home Fries Peas & Pearl Onions Pineapple Tidbits
15 Chicken Marsala Rice Pilaf Green Beans Applesauce Cup	16 <u>St. Patrick's Day Celebration</u> Corned Beef & Cabbage Steamed Parsley Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread Apple Juice	17 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Squash Mix w/ Carrots & String Beans Mixed Fruit Cup
22 Salisbury Steak w/ gravy Garlic Mashed Potatoes Corn w/ Peppers & Onions Sweet Treat Grape Juice	3 <u>Ethnic Celebration</u> Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Mixed Fruit Cup	24 American Chop Suey Diced Carrots Waxed Beans Pineapple Tidbits
29 Italian Pork Sausage & Peppers Penne Pasta w/ marinara Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	30 Sloppy Joe w/ Bun Tater Tots Peas & Pearl Onions Fresh Orange	31 Hungarian Goulash Lemon Parmesan Pasta Broccoli Applesauce Cup

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 questions.

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.

Covid News: For the health and safety of everyone at the senior center, we recommend that all individuals who wish to enter our building be fully vaccinated. For more information on how to get vaccinated, please contact TEEG at 860-923-3458 or email seniorcenter@teegonline.org

Please make your lunch reservation a week in advance