

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



207 Mashamoquet Road

Pomfret Center, CT 06259

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TEEG: 860-923-3458

E Mail: seniorcenter@teegonline.org

[HTTPS://TEEGonline.org](https://teegonline.org)

Welcome to the Pomfret Senior Center

A Community for those who are over 50 and residing in the northeast corner of CT. There is no income qualification and no membership fee. There are plenty of activities, educational classes, socialization, and a plethora of resources.

Cathy's Corner

Hi All,

There is a lot happening in November. Be sure to check out "Happening this Month" and the calendar!



I have some exciting news to share! We have an addition to our Senior Center staff! I am pleased to introduce Laura Bembenek as our new Senior Center Assistant. Laura comes to us with over 20 years experience in a large corporate Human Resource department. She has worked food services for a local community kitchen, is a writer and owns her own photography business. And she is a foster parent! Please welcome her to our family!

Wishing you all a happy and blessed Thanksgiving!

TEEG RESOURCES AVAILABLE TO SENIORS

- **Market & Nutrition Assistance:** There are three available locations Pomfret, Thompson, and Woodstock
- **CT Energy Assistance Program:** Helps families 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.
- **St. Joseph Clothing Vouchers:** TEEG's partnership with St. Joseph's Thrift Store allows residents of Thompson, Woodstock and Pomfret to receive vouchers each month to redeem at the thrift store.
- **Transit Passes:** Public transportation offered through Northeastern CT Transit District. Passes available for fixed route service.
- **Holiday Programs:** TEEG offers groceries for a full Holiday meal for Thanksgiving and Christmas. Applications are available in early October.

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

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

-Therese Horvath, Client Care Manager & Municipal agent of the elderly for remainder of the resources.

PSC Resources Available to Seniors

(If you don't see it, just ask us!)

The Resource Center: Located in the lower level you will find the Resource Center. Whatever the source you are looking for, chances are you will find information right there from TEEG Programs, to Senior Resources, CHOICES Counseling, senior home care, Directory, Town programs, Recreation programs, and much more.

Medical Equipment: Are you a senior in need of a wheelchair, walker, cane, portable toilet or any other senior medical product? We have a lending center with such equipment. For more information, contact us at the seniorcenter@teegonline.org.

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.

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

Happening this Month!

Energy Assistance @ the Center

Energy Assistance enrollment is still open.
Please call 860-923-3458 to make an appointment.

Mobile Market @ Woodstock Town Hall

Tuesday, 11/07 from 10:30-11:30

Lotus Lantern Craft Workshop

Thursday, November 9th at PSC, We'll be making colorful lotus lanterns and learning the history of Korea. Sponsored by the Koran Spirit and Culture Promotion Project.

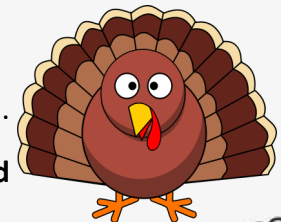
Twice as Nice Meal Program

NEW! This activity is a cooking program that allows you to make a meal for yourself and one to give to a homebound senior.
Please sign up at the Senior Center.

Thanksgiving @ the Senior Center

Tuesday, November 14th.

**AND remember, the center is closed
on Thanksgiving!**



Programs at the Pomfret Senior Center

Physical Programs

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

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

Walking Club: starts at the senior center, offered on Wednesdays 9:30-10:30am

Recreational Programs

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

***Inkling:** Directed by Bonnie Doran, 9:30-11:30, two Thursdays a month.

***Craft Class:** Directed by Cathy Smith, offered Tuesdays, 12:30-2:00pm.

***Show and Tell:** Offered once a month. Bring your special item and tell us about it.

***Trivia:** Offered once a month on a Thursday.

***Bingo:** Offered once a month on a Thursday.

*** Check calendar
for specifics**

Knitting Club: Directed by Nancy Nystrom, offered every Wednesday .

Game Day: Enjoy the time playing cards, Mexican Dominoes , Five Crowns or any other game that's available.

***Movie Day:** The Silver Screen Theater at the PSC shows a movie once a month.

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.

***Computer Lab:** Need access to a computer or printer? Check our calendar for available days and times.

***Better Life:** Support & 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 the calendar.

IMPORTANT NUMBERS

| SERVICE | NUMBER |
|---|--|
| Access Agency Willimantic | 860-450-7400 |
| Eastern Transport Consortium | 860-859-5792 |
| Energy Assistance | 860-923-3458 |
| Info Line | 211 |
| Meals on Wheels | 800-560-5015 |
| Medicare Choices Counselor Theresa Horvath | 860-923-3458 |
| Northeast CT Transit Dist | 860-774-3902 |
| Pomfret Town Hall | 860-974-0191 |
| QC Transport | 959-444-3902 |
| Senior Center Coordinator Cathy Smith | 860-923-3458 seniorcenter@teegonline.org |
| Social Security | 877-405-0488 |
| United Services | 860-774-2020 |
| Veterans Affairs | Pomfret-Garry Brown 860-928-7459 Woodstock-Rob Mancini 860-928-6595 Thompson-Rob LeBeau 860-923-9562 |

IMPORTANT

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

TVCCA SENIOR CAFE MENU- November

TUESDAY

WEDNESDAY

THURSDAY

| | | |
|---|---|--|
| 1% milk and whole grain bread are served with each meal. Menu is subject to change | 1 Swedish Meatballs Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup | 2 Pineapple Glazed Ham Glazed Sweet Potatoes Broccoli Fresh Fruit |
| 7 Stuffed Shells w/ marinara Diced Carrots Peas & Pearl Onions Pineapple Tidbits | 8 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit | 9 Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Mandarin Oranges |
| 14 Chicken Parmesan Farfalle Pasta w/ marinara Green & Yellow Squash Diced Pears | 15 <u>Thanksgiving Celebration Meal</u> Roasted Turkey w/ Stuffing, gravy, & cranberry sauce Mashed Potatoes, Green Beans Dinner Roll, Pumpkin Pie Grape Juice | 16 Whole Grain Fish Sticks Tater Tots Mixed Vegetables Medley Mixed Fruit Cup |
| 21 Stuffed Cabbage Casserole Waxed Beans Corn w/ Peppers & Onions Fresh Fruit | 22 Western Omelet Sweet Potato Tater Tots Cauliflower, Carrots, & Snap Peas Diced Peaches | 23 <u>Thanksgiving Day Holiday</u> Senior Nutrition Program Closed |
| 28 <u>Ethnic Celebration</u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Sweet Treat Apple Juice | 29 Country Style Chicken Home Fries Soybean Succotash Mixed Fruit Cup | 30 American Chop Suey Snap Peas Diced Carrots Applesauce Cup |

Please make your lunch reservation a week in advance

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.

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, be sure to check calendar)

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, Cathy Smith****

** Pomfret Senior Center November Calendar**

| Tuesday | | | Wednesday | | | Thursday | | |
|-------------|-----------------------------------|----------------------------|-------------|------------------------|------------------|-------------|---|-------------------------------|
| Time | Upper Level | Lower Level | Time | Upper Level | Lower Level | Time | Upper Level | Lower Level |
| Oct 31 | | | 1 | | | 2 | | |
| 10:00-11:30 | -Coffee Time -Senior Care Dist | | 9:30-10:30 | Walking Club | | 9:30-11:30 | Computer Lab | Chair Caning & Basket Weaving |
| 10:00-11:30 | Game Day | | 10:30-11:30 | Knitting Club | Traditional Yoga | 10:00-11:30 | Coffee Time | |
| 10:30-11:30 | Computer Lab | Chair Yoga | 10:00-11:30 | Coffee Time | | | | |
| 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch w/ special | |
| 1:00-2:00 | Halloween Party | | 12:30-2:00 | Readings with Kat & At | | 1:00-2:00 | Birthday Celebration/ Trivia | 1-3 pm Pomfret Comm Market |
| 7 | | | 8 | | | 9 | | |
| 10:00-11:30 | Coffee Time Senior Care Dist | CSFP Dist | 9:30-10:30 | Walking Club | | 9:30-11:30 | Computer Lab | Chair Caning, Basket Weaving |
| 10:00-2:00 | Game Day | | 10:30-11:30 | Knitting Club | Traditional Yoga | 10:00-11:30 | Coffee Time | Inking strt 9:30 |
| 10:30-11:30 | Computer Lab | Chair Yoga | 10:00-11:30 | Coffee Time | | | | |
| 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch w/special | |
| 12:30-2:00 | Tech Support Cards with Mal | | 12:30-2:00 | Chair Massage | | 1:00-2:00 | Lotus Lantern & Kore-an Presentation | 1-3 pm Pomfret Comm Market |
| 14 | | | 15 | | | 16 | | |
| 10:00-11:30 | Coffee Time | | 9:30-10:30 | Walking Club | | 9:30-11:30 | Computer Lab | Chair Caning, Basket Weaving |
| 10:00-2:00 | Game Day | | 10:30-11:30 | Knitting Club | Traditional Yoga | 10:00-11:30 | Coffee Time | Inkling strt 9:30 |
| 10:30-11:30 | Computer Lab | Chair Yoga | 10:00-11:30 | Coffee Time | | 10:30-11:30 | Blood Pressure Clinic | |
| 11:30-12:45 | Thanksgiving @ Senior Center | | 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch w/ Special | |
| 1:30-3:00 | Simply Soap Crafts | 2-5 pm Pomfret Comm Market | 12:30-2:00 | | | 12:30-2:00 | BINGO! | 1-3 pm Pomfret Comm Market |
| 21 | | | 22 | | | 23 | | |
| 10:00-11:30 | Coffee Time | Thanksgiving Dist | 9:30-10:30 | Walking Club | | 9:30-11:30 | <div>Closed For Thanksgiving</div> | |
| 10:00-11:30 | Game Day Tech Support | | 10:30-11:30 | Knitting Club | Traditional Yoga | 10:00-11:30 | | |
| 10:30-11:30 | Computer Lab | NO Chair Yoga | 10:00-11:30 | Coffee Time | | | | |
| 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch | | 11:45-12:45 | | |
| 28 | | | 29 | | | 30 | | |
| 10:00-11:30 | Coffee Time | | 9:30-10:30 | Walking Club | | 9:30-11:30 | | Chair Caning, Basket Weaving |
| | | | | | | | | |
| 10:00-11:30 | Game Day | | 10:30-11:30 | Knitting Club | Traditional Yoga | 9:00-2:00 | | |
| 10:30-11:30 | Computer Lab | Chair Yoga | 10:00-11:30 | Coffee Time | | | | |
| 11:45-12:45 | Lunch | | 11:45-12:45 | Lunch | | 11:45-12:45 | | |
| 12:30-2:00 | | 1-3 pm Pomfret Comm Market | 12:30-2:00 | | | 12:30-2:00 | Twice as Nice Meal | 1-3 pm Pomfret Comm Market |