

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
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 the Pomfret Senior Center is a mask required facility. If you do not have one upon entering the building, we will provide you with one.

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.

Classes will be the third Tuesday of each month



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!

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 senior-center@teegonline.org

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 10:00am-12:00pm * 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 and Third Thursday of the month 1:00-2:00pm

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.

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

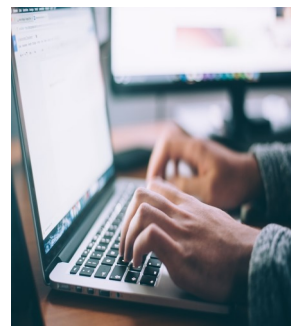
Come visit the new Lending Room at the senior center where you can borrow a book, video, puzzle, or game.



Medicare's Open Enrollment starts October 15th and runs through December 7th! Call TEEG now to schedule an appointment: (860)923-3458



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



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.



Name: _____

Solve each Sudoku puzzle!

8			2	6				4
	1			8	3		6	2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

	1		2		5			8
	2	4	9	8				5
	5	8	7		1		2	
6		5	3		2		8	1
2		7	1			3		9
		1	5	8	2	6		
		2	6		7	8		
8				1		5		2
		9		2	3		1	

	2				9		7	6
	7		6	2		8	9	
	4	6		8	5		3	
	8	2	9				6	
5	6				8		2	
7				6	2	9		8
	5	8	2		6	7	4	
	3	4	8		7	5		2
	9	7	5				8	

		7	1	2		8		
	4			8				6
	6			9		7	1	
		2		6		1		
6	8		7			4	2	
	1				5		8	
7				5	1		6	8
5		8		7		2		1
1			8		2		7	5

Many of the people who are now eligible to receive a booster shot received their initial vaccine early in the vaccination program and will benefit from additional protection. With the Delta variant's dominance as the circulating strain and cases of COVID-19 increasing significantly across the United States, a booster shot will help strengthen protection against severe disease in those populations who are at high-risk for exposure to COVID-19 or the complications from severe disease.

CDC will continue to monitor the safety and effectiveness of COVID-19 vaccines to ensure appropriate recommendations to keep all Americans safe. We will also evaluate with similar urgency available data in the coming weeks to swiftly make additional recommendations for other populations or people who got the Moderna or Johnson & Johnson vaccines.

The following is attributable to Dr. Walensky:

As CDC Director, it is my job to recognize where our actions can have the greatest impact. At CDC, we are tasked with analyzing complex, often imperfect data to make concrete recommendations that optimize health. In a pandemic, even with uncertainty, we must take actions that we anticipate will do the greatest good. I believe we can best serve the nation's public health needs by providing booster doses for the elderly, those in long-term care facilities, people with underlying medical conditions, and for adults at high risk of disease from occupational and institutional exposures to COVID-19. This aligns with the FDA's booster authorization and makes these groups eligible for a booster shot. Today, ACIP only reviewed data for the Pfizer-BioNTech vaccine. We will address, with the same sense of urgency, recommendations for the Moderna and J&J vaccines as soon as those data are available. While today's action was an initial step related to booster shots, it will not distract from our most important focus of primary vaccination in the United States and around the world. I want to thank ACIP for their thoughtful discussion and scientific deliberation on the current data which informed my recommendation.

Where can you get a booster shot? Here are some local places:

- WALMART: walk in
- CVS: by appointment
- Walgreens: by appointment

CDC Statement on ACIP Booster Recommendations

Press Release

For Immediate Release: Friday, September 24th, 2021

Contact: [Media Relations](#)

(404) 639-3286

CDC Statement on ACIP Booster Recommendations

Today, CDC Director Rochelle P. Walensky, M.D., M.P.H., endorsed the CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for a booster shot of the Pfizer-BioNTech COVID-19 vaccine in certain populations and also recommended a booster dose for those in high risk occupational and institutional settings. The Food and Drug Administration's (FDA) authorization and CDC's guidance for use are important steps forward as we work to stay ahead of the virus and keep Americans safe.

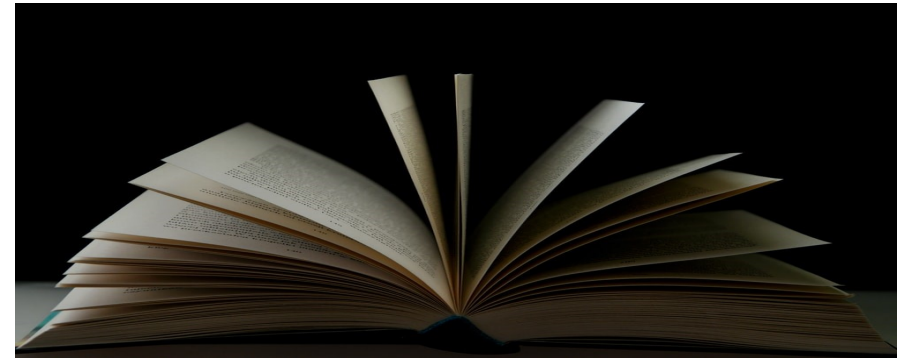
This updated interim guidance from CDC allows for millions of Americans who are at highest risk for COVID-19 to receive a Pfizer-BioNTech COVID-19 booster shot to help increase their protection.

CDC recommends:

- people 65 years and older and residents in long-term care settings **should** receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series,
- people aged 50–64 years with [underlying medical conditions](#) **should** receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series,
- people aged 18–49 years with [underlying medical conditions](#) **may** receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series, based on their individual benefits and risks, and
- people aged 18–64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting **may** receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series, based on their individual benefits and risks.

New Outdoor Senior Outdoor Space

So much effort has been put into making a relaxing outdoor space for our seniors to enjoy. There are plenty of covered picnic tables, shady lounge chairs, and an array of outdoor games including cornhole, croquet, and horseshoes. You can also borrow board games and books from our lending library to enjoy outside as well.



The Resource Center

Located in the lower level of the building, you will find the re-vamped 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.

Do you need help with energy assistance this year?

Do you receive cash assistance (TFA, State Supplement, Refugee Cash) or supplemental Security Income? Do you receive SNAP?

If you do, you may qualify for assistance

Call TEEG at 860-923-3458 to book your appointment right at the Pomfret Senior Center for Thursday, October 27, 2021

Holiday Giving is just around the corner, so be sure to complete your applications and submit it soon. Baskets will be distributed from the TEEG Community Market as well as the Pomfret Community Market. Call TEEG or pick up an application from the Pomfret Senior Center.



Sudoku - Medium Set 1
Puzzle 1



Name: Answer Key

Solve each Sudoku puzzle!

8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6

9	1	6	2	3	5	7	4	8
7	2	4	9	8	6	1	3	5
3	5	8	7	4	1	9	2	6
6	9	5	3	7	2	4	8	1
2	8	7	1	6	4	3	5	9
4	3	1	5	9	8	2	6	7
1	4	2	6	5	7	8	9	3
8	6	3	4	1	9	5	7	2
5	7	9	8	2	3	6	1	4

8	2	5	3	1	9	4	7	6
3	7	1	6	2	4	8	9	5
9	4	6	7	8	5	2	3	1
4	8	2	9	5	3	1	6	7
5	6	9	1	7	8	3	2	4
7	1	3	4	6	2	9	5	8
1	5	8	2	3	6	7	4	9
6	3	4	8	9	7	5	1	2
2	9	7	5	4	1	6	8	3

9	5	7	1	2	6	8	3	4
2	4	1	3	8	7	5	9	6
8	6	3	5	9	4	7	1	2
3	7	2	4	6	8	1	5	9
6	8	5	7	1	9	4	2	3
4	1	9	2	3	5	6	8	7
7	2	4	9	5	1	3	6	8
5	9	8	6	7	3	2	4	1
1	3	6	8	4	2	9	7	5

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