

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

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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

Be sure to check out all the activities happening for this month!

The CSFP program has added a fresh produce box to the monthly distribution. If you're interested in applying to this program, please email



seniorcenter@teegonline.org

Also, now accepting holiday applications. They are available at the Senior Center or at TEEG.

Coming in November

Soap Making

Come make soaps with Kimberly Hachey of Simply Soaps and see all the holiday products she has available.

Twice as Nice Meals

A class where you get to prepare a meal; one for you and one for a homebound senior. Let's help a neighbor.

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.

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

Email seniorcenter@teegonline.org or call 860-923-3458 to make an appointment

Mobile Market @ Woodstock Town Hall

10/10 from 10:30-11:30 & 10/24 from 1:30-2:30

Farmer Market Coupons

Are still available and valid through October
Apply now by visiting the TEEG office at 15 Thatcher Road,
Thompson.

If you have questions, please call 860-923-3458

What's Cookin Class

Come learn to make Lo mein on Tuesday 10/17

"Pearls from Carol" by Albert Ruggiero

Book presentation on Thursday 10/19

Cake Decorating

Cakes prepared by Cindy Miller of Triple C Cakes, Tuesday 10/24

Halloween Party

Tuesday, 10/31, bring a dessert to share, dress up, let's party!

Dementia Presentation by Joan Marshal

A senior resource presentation on Thursday, 10/25

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- October

TUESDAY

WEDNESDAY

THURSDAY

3 Chicken Marsala, Rice Pilaf, Corn w/ Peppers & Onions, Birthday Treat- Grape Juice	4 Baked Cod w/ Lemon Dill Sauce, Parsley Steamed Potatoes, Squash Mix w/ Carrots & String Beans, Fresh Fruit	5 Pineapple Glazed Ham Glazed Sweet Potatoes, Green Beans, Pineapple Tidbits
10 Swedish Meatballs, Egg Noodles, Mixed Vegetables Medley, Tropical Fruit Cup	11 <u>Ethnic Celebration</u> Steamed Pork Dumplings, Jasmine Rice, Broccoli, Peppers, & Mushrooms, Sweet Treat, Orange Juice	12 Salisbury Steak w/ gravy, Parsley Steamed Potatoes, Soybean Succotash, Mixed Fruit Cup
17 Whole Grain Fish Sticks, Tater Tots, Broccoli, Peppers, & Mushrooms, Fresh Fruit	18 Chicken Cordon Bleu, Roasted Garlic Rice, Mixed Vegetables Medley, Applesauce Cup	19 Stuffed Cabbage Casserole, Waxed Beans, Diced Carrots, Mandarin Oranges
24 Stuffed Chicken w/ Broccoli & Cheese, Lemon Parmesan Pasta, Green Beans, Applesauce Cup	25 Country Fried Beef Steak, Buttermilk Mashed Potatoes, Soybean Succotash, Sweet Treat, Grape Juice	26 Vegetarian Lasagna, Broccoli, Carrot Coins, Tropical Fruit Cup
31 <u>Happy Halloween</u> Cheese Omelet, Home Fries, Squash Mix w/ Carrots & String Beans, Mixed Fruit Cup		1% milk and whole grain bread are served with each meal. Menu is subject to change without notice

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)

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 October Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
3			4			5		
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	Apple Picking At Lapsley Orchard		12:30-2:00	Readings with Kat & At		1:00-2:00	Birthday Celebration/ Trivia	1-3 pm Pomfret Comm Market
10			11			12		
10:00-11:30	Coffee Time	CSFP Dist	9:30-10:30	Walking Club		9:30-11:30	Computer Lab	Chair Caning, Basket Weaving
10:00-2:00	Game Day—Corn Hole		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		12:30-2:00	Chair Massage		1:00-2:00	Bingo	1-3 pm Pomfret Comm Market
17			18			19		
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	Inklings strt 9:30
10:30-11:30	Computer Lab	Chair Yoga	10:00-11:30	Coffee Time		10:30-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ Special	
1:00-2:00	What's Cookin' Chicken Lo Mein	2-5 pm Pomfret Comm Market	12:30-2:00	Movie: Hocus Pocus		12:30-2:00	Pearls From Carol Book Presentation	1-3 pm Pomfret Comm Market
24			25			26		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club		9:30-11:30	Computer Lab	Chair Caning, Basket Weaving
10:00-11:30	-Game Day -Tech Support		10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Coffee Time	
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	Lunch w/Special	
12:30-2:00	Fall Themed Cake Decorating		12:30-2:00	Chair Massage		12:30-2:00	Dementia Presentation	1-3 pm Pomfret Comm Market
31			1			2		
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	Lunch	
12:30-2:00	Halloween Party		12:30-2:00	Kat and At		12:30-2:00	Birthday Celebration/Trivia	