

** Pomfret Senior Center September 2022 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
						1		
						9:30-11:30		No Chair Caning
						10:00-11:30	Game Day	
						11:45-12:45	Lunch	
						1:00-3:00pm	Birthday/Trivia	PCM
6			7			8		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		No Chair caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-2:00	Show N' Tell		11:45-12:45	Lunch	
1:00-2:00	Senior Care&CSFP	Tech Support				1:00-2:00	Bingo	
1:00-3:00		PCM				1:00-3:00		
13			14			15		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Tie Dye		12:30-2:00		Chair Massage	1:30-2:30	Beeyonder: Portugal	
1:00-3:00						1:00-3:00		PCM
20			21			22		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45	End of the Summer BBQ	
12:30-2:00	Tech Support					12:30-2:00		
1:00-3:00		PCM	12:30-2:00	Probate				
27			28			29		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	9:30-2:00	A Day at Roseland Cottage	
11:45-12:45	Lunch		11:45-12:45	Lunch				
12:30-2:00	Movie: Jurrasic		1:00-2:00		Chair Yoga	1:00-3:00		No PCM

TVCCA SENIOR CAFE MENU

September 2022

TUESDAY

WEDNESDAY

THURSDAY

1% milk and whole grain bread are served with each meal. Menu is subject to change without notice		1 Chicken Parmesan Farfalle Pasta w/ marinara Green Beans Tropical Fruit Cup
6 Salisbury Steak w/ gravy Herb Roasted Potatoes Green & Yellow Squash Diced Peaches	7 Stuffed Shells w/ Marinara Lima Beans Diced Carrots Fresh Orange	8 Crispy Cod Macaroni & Cheese Broccoli Pineapple Tidbits
13 <u>Ethnic Celebration</u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Sweet Treat Apple Juice	14 Stuffed Cabbage Casserole Peas Waxed Beans Tropical Fruit Cup	15 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Fresh Fruit
20 Swedish Meatballs Egg Noodles Green & Waxed Beans Mixed Fruit Cup	21 <u>September Celebration</u> Breaded Chicken w/ Country Style Gravy Biscuit Garden Salad Apple Crumb Pie Orange Juice	22 Cheese Omelet Home Fries Mixed Vegetables Medley Pineapple Tidbits
27 Italian Pork Sausage & Peppers Penne Pasta w/ marinara Squash Mix w/ Carrots & String Beans Fresh Fruit	28 Pub Burger w/ Bun Tater Tots Broccoli Diced Peaches	29 Stuffed Chicken Kiev Roasted Garlic Rice Corn w/ Peppers & Onions Diced Pears

Please make your lunch reservation a week in advance



End of Summer BBQ
Thursday, September 22nd
11:45am

We will be on the grill cooking up some yummy BBQ. Bring a side dish or dessert to share and come join us for a fun filled afternoon.

A Day at Roseland Cottage
Croquet, a tour of the Cottage, Tea Lunch in the Carriage Room.
Our day will start at 9:30am on Thursday, September 29th
Sign up at the Pomfret Senior Center or email seniorcenter@teegonline.org

Beeyonder Presents
A Tour of
Germany



Thursday, Sept 15, 2022
The virtual tour of Portugal's Alfama District will begin at 1:30pm on the main level of the Pomfret Community Center