

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
September 2023
Newsletter & Calendar***

**207 Mashamoquet Road
Pomfret Center, CT 06259
Center: 860-928-7459
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

Happy Labor Day!

Check out— “The Empty Bowl” Project

Saturday, September 30th @ TEEG

15 Thatcher Road, North Grosvenordale

Two seatings: 5:00pm & 6:30pm

Tickets: \$30 includes beautiful hand painted bowl of your choice, sampling of several delicious homemade soups and ice cream for dessert

\$25 includes beautiful hand painted bowl of your choice and sampling of several delicious home made soups

\$20 for a second beautiful, hand painted bowl

Benefits TEEG Food Program!

Tickets available at <https://teegonline.org>



Upcoming Events!

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 Korean 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 Products: 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.

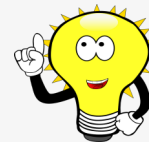
Happening this Month!

Summer Croquet & Lunch at the Cottage

Join us for croquet and lunch at beautiful Roseland Cottage on Thursday, September 28th

Records and Burpee Traveling Zoo

Thursday, September 7th from 1-2pm. Come learn about some local as well as exotic animals. You'll also have an opportunity to see and hold a few!



Energy Assistance @ the Center

Starts September 12th.

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

Lapsley Orchards

Apple picking on September 19th at 1:00pm

Mobile Market @ Woodstock Town Hall

9/5 from 10:30-11:30 & 9/19 from 1:30-2:30

Empty Bowl Project

Saturday, September 30th @ TEEG

Farmer Market Coupons

Are still available and valid through October

Apply now by visiting the TEEG office at 15 Thatcher Road, Thompson.

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- September

TUESDAY	WEDNESDAY	THURSDAY
5 Cheese Omelet Home Fries Peas & Pearl Onions Mixed Fruit Cup	6 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green & Yellow Squash Birthday Treat	7 American Chop Suey Waxed Beans Carrot Coins Applesauce Cup 
12 <u>Ethnic Celebration</u> Pork Stir-Fry Jasmine Rice Asian Vegetable Blend Sweet Treat	13 Vegetarian Lasagna Diced Carrots Lima Beans Fresh Orange	14 Pineapple Glazed Ham Glazed Sweet Potatoes Squash Mix w/ Carrots & String Beans Diced Pears
19 Cheese Manicotti w/ Marinara Green Beans Carrot Coins Fresh Orange	20 Chicken Fried Beef Steak Buttermilk Mashed Potatoes Broccoli Diced Peaches	21 Crispy Cod Macaroni & Cheese Zucchini, Peas, & Carrots Mixed Fruit Cup
26 Pub Burger w/ Bun Herb Roasted Potatoes Mixed Vegetables Med- ley Pineapple Tidbits	27 Stuffed Chicken Kiev Roasted Garlic Rice Soybean Succotash Mandarin Oranges	28 Swedish Meatballs Pasta Shells w/ Herbs Green & Waxed Beans Tropical Fruit 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)

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 September 2023 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
5			6			7		
10:00-11:30	Coffee Time	Senior Care Dist	9:30-10:30	Walking Club at the PSC		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	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	
1:00-2:00	Birthday Celebration/Trivia		12:30-2:00	Readings with Kat & At		1:00-2:00	Records & Burpee Traveling Zoo 	1:00-3:00 Pomfret Community Mrkt
12			13			14		
10:00-11:30	Coffee Time	CSFP Dist	9:30-10:30	Walking Club at the PSC		9:30-11:30	Computer Lab	Chair Caning, Basket Weaving & Inklng
10:00-2:00	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	
12:30-2:00	Bowl Painting	2:00-5:00 Pomfret Community Mrkt	12:30-2:00	Chair Massage		1:00-2:00	Bingo	1:00-3:00 Pomfret Community Mrkt
19			20			21		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club at the PSC		9:30-11:30	Computer Lab	Chair Caning, Basket Weaving & Inklng
10:00-2:00	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		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	Apple picking @ Lapsley		12:30-2:00	Show n' Tell		12:30-2:00	What's Cooking...w/ apples	1:00-3:00 Pomfret Community Mrkt
26			27			28		
10:00-11:30	Coffee Time		9:30-10:30	Walking Club at the PSC		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	Croquet at Roseland Cottage	
10:30-11:30	Computer Lab	Chair Yoga	10:00-11:30	Coffee Time			Tour of Roseland Cottage	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Picnic Lunch at Roseland Cottage	
12:30-2:00	Card making w/ Mal	2:00-5:00 Pomfret Community Mrkt	12:30-2:00	Chair Massage				1:00-3:00 Pomfret Community Mrkt