

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

**THE DOORS ARE OPENING AT THE  
POMFRET SENIOR CENTER!!**

**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**

# Pomfret Senior Center

## Calendar for July 2021

### Weekly Events

- ♦ Every Tuesday 10:00-10:30am: TVCCA Lunch Pick Up (by reservation). If you are not registered and would like to receive meals, please contact me at [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org)
- ♦ Every Tuesday 10:30-11:30am at the PSC: Outdoor Chair Yoga. To reserve a spot, please contact [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org) or call 860-923-3458.
- ♦ Every Wednesday 9:00-10:00am: Walking Club. Start your day with a nice walk on the Airline Trail. It's just long enough to get your legs stretched out and to get you going in the morning. We meet at the entrance on Railroad Drive. Dogs are welcome.
- ♦ Every Wednesday, 10:30-11:30am at the PSC: Outdoor Traditional Yoga. To reserve a spot, please contact [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org) or call 860-923-3458.

### Extra Activities

- ♦ Check out the calendar for the extra events running throughout the month

### A Note From Shawn of RavenWolf Massage

Hi All,

I am Shawn Sheridan , a local massage therapist, who prior to 2020 was offering neck & shoulder massages at the Pomfret Senior Center. I am happy to announce that with the reopening of the center, I will be able to return to donate my services to all of you.

Also, some of you were interested in the full massage experience and wanted to know when I had an office to work out of, and that time has arrived. I have linked up with Body and Soul Acupuncture and Massage, in our neighboring community of Woodstock. Our fine establishment is at 7 Beeches Lane in a large converted Victorian house, just off of Senexet Road. My hours are 9am to 7pm Saturday and Sunday with additional availability between 5pm & 7pm Mondays, Tuesdays and Thursdays. Thus, I invite questions and booking to contact either myself at cellphone#774 232 1469, Body and Soul at 860 933 1600 or email me at [massagewolf177@gmail.com](mailto:massagewolf177@gmail.com).

I look forward to seeing you all soon. ` Shawn 😊

# 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.



The Pomfret Community Pantry is now open the first Tuesday and the third Thursday of each month. If you would like to schedule an appointment, please contact

TEEG at 860-923-3458