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<td>Birthday Celebration &amp; Trivia</td>
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| 1 Whole Grain Fish Sticks  
Tater Tots  
Broccoli, Peppers, & Mushrooms  
Mixed Fruit Cup | 2 **Ethnic Celebration**  
Cuban Pulled Pork  
Spanish Rice  
Cauliflower, Carrots, & Snap Peas  
Tropical Fruit Cup | 3 Stuffed Chicken w/ Broccoli & Cheese  
Glazed Sweet Potatoes  
Green Beans  
Diced Pears |
| **Birthday Celebration**  
Chicken Parmesan Pasta Shells w/ marinara  
Green & Yellow Squash  
Birthday Treat Orange Juice | 9 Beef Stew  
Steamed Parsley Potatoes  
Broccoli  
Fresh Fruit | 10 Crispy Cod Patty  
Macaroni & Cheese  
Zucchini, Peas, & Carrots  
Mandarin Oranges |
| 8 Cheese Pierogis  
Farro (Wheat Grain w/ Roasted Vegetables)  
Squash Mix w/ Carrots & String Beans  
Fresh Orange | 16 **February Celebration Meal**  
Spaghetti & Meatballs  
Garlic Bread  
Garden Salad  
Chocolate Cake Brownies  
Grape Juice | 17 Cod w/ Lemon Dill Sauce  
Roasted Garlic Rice  
Mixed Vegetables Medley  
Applesauce Cup |
| 15 Hungarian Goulash  
Lemon Parmesan Pasta  
Broccoli  
Diced Pears | 23 Chicken Cordon Bleu  
Garlic Mashed Potatoes  
Mixed Vegetables Medley  
Pineapple Tidbits | 24 Stuffed Shells w/ marinara  
Carrot Coins  
Waxed Beans  
Fresh Orange |
| 22 1% milk and whole grain bread served with each meal. Menu is subject to change without notice. | | |

Senior Care Program at TEEG

- Are you age 60+?
- Do you use senior products such as incontinence underwear, incontinence pads, heating elements, vitamins, or eye drops? TEEG may be able to assist you with these items. Contact Cathy Smith (860)923-3458, for additional information.

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 CHOICES Counselor to discuss your Medicare.

The Resource Center

Located in the lower level of the building, you will find the revamped 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.
Community Outreach Event

Court staff will be available to:
- Assist with court matters
- Help find and fill out forms
- Provide information on local resources
- Answer questions about the Probate system in CT

What does the Probate Court do?
- Helps families who have lost a loved one settle their estate
- Appoints conservators when a family member is no longer capable of caring for themselves
- Appoints guardians to protect the intellectually disabled
- Handles matters involving children in need

WHEN
12:30 PM – 2:30 PM
Wednesday, February 16th

WHERE
Pomfret Senior Center
207 Mashamoquet Road
Pomfret, CT 06259

Valentine’s Day Word Search

LOVE
CHOCOLATE
PINK
VALENTINE
ROSES
CUPID
FEBRUARY
RED
HUG
FLOWERS
CANDY
HEART
SWEETHEART
CARD
SWEET