## **Pomfret Senior Center March 2022 Calendar**

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Upper Level</strong></td>
<td><strong>Lower Level</strong></td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Lunch pick up</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Chair Yoga</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>11:45-12:45</td>
<td>Lunch</td>
<td>11:45-12:45</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Senior Care &amp; CSFP</td>
<td>1:00-2:00</td>
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<tr>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Lunch Pick up</td>
<td>9:00-10:00</td>
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<td>10:30-11:30</td>
<td>Chair Yoga</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>11:45-12:45</td>
<td>Lunch</td>
<td>11:45-12:45</td>
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<tr>
<td>1:00-2:00</td>
<td>Tech Support</td>
<td>1:00-2:00</td>
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<tr>
<td>1:00-3:00</td>
<td>PCM</td>
<td>3:00-4:00</td>
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<tr>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Lunch Pick up</td>
<td>9:00-10:00</td>
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<tr>
<td>10:30-11:30</td>
<td>Chair Yoga</td>
<td>10:30-11:30</td>
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<tr>
<td>11:45-12:45</td>
<td>Lunch</td>
<td>11:45-12:45</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Craft: Spring Wreath</td>
<td>1:00-2:00</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>PCM</td>
<td>1:00-3:00</td>
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<tr>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Lunch Pick up</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Chair Yoga</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>11:45-12:45</td>
<td>Lunch</td>
<td>11:45-12:45</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Five Crown Tournament</td>
<td>1:00-2:00</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>PCM</td>
<td>1:00-3:00</td>
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<tr>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Lunch Pick up</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Chair Yoga</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>11:45-12:45</td>
<td>Lunch</td>
<td>11:45-12:45</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Movie: Midnight in Paris</td>
<td>1:00-2:00</td>
</tr>
</tbody>
</table>
**TVCCA SENIOR CAFE MENU**
**February 2022**

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td>Country Style Chicken</td>
<td><strong>Ash Wednesday</strong></td>
<td>Philly Cheese Steak w/ Roll</td>
</tr>
<tr>
<td>Buttermilk Mashed Potatoes</td>
<td>Crispy Cod</td>
<td>Sweet Potato Tater Tots</td>
</tr>
<tr>
<td>Zucchini, Peas, &amp; Carrots</td>
<td>Macaroni &amp; Cheese</td>
<td>Mixed Vegetables Medley</td>
</tr>
<tr>
<td>Mixed Fruit Cup</td>
<td>Broccoli</td>
<td>Diced Peaches</td>
</tr>
<tr>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
</tr>
<tr>
<td>Beef Stew</td>
<td><strong>Birthday Celebration</strong></td>
<td>Western Omelet</td>
</tr>
<tr>
<td>Steamed Parsley Potatoes</td>
<td>Chicken Parmesan</td>
<td>Home Fries</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Pasta Shells w/ marinara</td>
<td>Peas &amp; Pearl Onions</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Green &amp; Yellow Squash</td>
<td>Pineapple Tidbits</td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
</tr>
<tr>
<td>Chicken Marsala</td>
<td><strong>St. Patrick’s Day Celebration</strong></td>
<td>Cheese Pierogi</td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>Corned Beef &amp; Cabbage</td>
<td>Farro (Wheat Grain w/ Roasted Vegetables)</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Steamed Parsley Potatoes</td>
<td>Squash Mix w/ Carrots &amp; String Beans</td>
</tr>
<tr>
<td>Applesauce Cup</td>
<td>Sliced Carrots</td>
<td>Mixed Fruit Cup</td>
</tr>
<tr>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
</tr>
<tr>
<td>Salisbury Steak w/ gravy</td>
<td><strong>Ethnic Celebration</strong></td>
<td>American Chop Suey</td>
</tr>
<tr>
<td>Garlic Mashed Potatoes</td>
<td>Cuban Pulled Pork</td>
<td>Diced Carrots</td>
</tr>
<tr>
<td>Corn w/ Peppers &amp; Onions</td>
<td>Spanish Rice</td>
<td>Waxed Beans</td>
</tr>
<tr>
<td>Sweet Treat</td>
<td>Cauliflower, Carrots, &amp; Snap Peas</td>
<td>Pineapple Tidbits</td>
</tr>
<tr>
<td>Grape Juice</td>
<td>Mixed Fruit Cup</td>
<td><strong>25</strong></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
</tr>
<tr>
<td>Italian Pork Sausage &amp; Peppers</td>
<td>Sloppy Joe w/ Bun Tater Tots</td>
<td>Hungarian Goulash</td>
</tr>
<tr>
<td>Penne Pasta w/ marinara</td>
<td>Peas &amp; Pearl Onions</td>
<td>Lemon Parmesan Pasta</td>
</tr>
<tr>
<td>Squash Mix w/ Carrots &amp; String Beans</td>
<td>Fresh Orange</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Mixed Fruit Cup</td>
<td><strong>26</strong></td>
<td>Applesauce Cup</td>
</tr>
</tbody>
</table>

**TUESDAY**

- **WEDNESDAY**
- **THURSDAY**

**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 questions.

**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.

**Covid News**: For the health and safety of everyone at the senior center, we recommend that all individuals who wish to enter our building be fully vaccinated. For more information on how to get vaccinated, please contact TEEG at 860-923-3458 or email seniorcenter@teegonline.org

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**Please make your lunch reservation a week in advance**

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**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.