

July 2016 - Pomfret Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Independence Day	5 10:30 - Tai Chi 11:30 – Independence Day Cook Out 1:00 - Activity Planning Mtg.	6 10:30- Walking Club 12:30 - June Birthday Celebration (Marge, Betty B) 12:30 - Bingo	7 10:30 - Cribbage 1:00– Yoga	8
11 11:00 – Pomfret Senior Association July Meeting	12 10:30 - Tai Chi 12:30 – Trivia	13 10:30- Walking Club 12:30 – Afternoon Movie: “Shall We Dance”	14 10:30 - Book Club “Can’t Wait to Get to Heaven” 1:00– Yoga	15
18	19 10:30- Tai Chi 12:30 – Blueberry/Raspberry Bake Off 1:00– Pitch/Setback	20 10:30 - Walking Club 9:15 – Essex Steam Train & River Boat 12:30 - Bingo	21 10:30 - Cribbage 1:00– Yoga	22
25	26 10:30- Tai Chi 12:30 – Heirlooms 1:15 – “Guess Who” Baby Pictures	27 10:30 - Walking Club 10:30 – Guided Meditation 12:15 - Afternoon Movie “It Runs In The Family”	28 10:30 - Blood Pressure Clinic 1:00– Yoga	29

This Program is funded in part by Senior Resources with Title III Funds through the Older Americans Act



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***Lunch is served at 11:30 daily**
***Details on all programs and activities are available in the July Newsletter**