

Pomfret Senior Center Newsletter

207 Mashamoquet Rd.

5/1/2016

Volume 1, Issue 8

May Events

Tuesday, May 3rd – Activity Planning Meeting

Join us for a planning session to discuss activities that you would like to see at the Senior Center. We will look to scheduling June activities at this meeting.

Wednesday, May 4th - Birthday Celebration – Following lunch

Celebrate May birthdays with a little cake and song! May Birthday celebrations: Nancy Nystrom, Dot Downer, Anna Feanny, Jim Jutras, Tom McGrath and Joyce Sears. Please see Joyce Bigelow to get your special day on our birthday list!

Thursday, May 5th – Movie “Where the Heart Is”

A pregnant 17-year-old rebuilds her life after being abandoned by her boyfriend at a Walmart in Sequoyah, Oklahoma

Tuesday, May 10th - 12:30 – Gardening Discussion

Share your gardening tips – On May 10th at 12:30 pm, you are invited to join a gardening discussion group. The discussion will be facilitated by Jim Jutras, who completed the Master Gardener classes through the

UConn Extension Service several years ago. The goal of this discussion is for all participants to share their gardening successes, and failures, so we all can “grow” in our gardening proficiency. Come share your stories.

Wednesday , May 18th – 12:30 – Book Club Meeting

Book Club News - Nick Beams, from the Pomfret Public Library, will be at the Senior Center on May 18th at 12:30pm, with a selection of book choices for our June book club discussion group. There is no cost for the books as Nick is able to borrow the books from the Library network. Please join us!

Tuesday, May 24th – 12:30 – Planting the Raised Beds

The time has come to sow the seeds that will feed us later in the summer. Join us to plant the raised beds at the center!

Thursday, May 19th – Movie “One True Thing

A career woman reassesses her parents’ lives after she is forced to care for her cancer-stricken mother.

Walking Club News



Wednesdays in May

Spring is undeniably here and so is the time to consider a little “self” spring cleaning. The weather is perfect to take advantage of the Air Line State Park Trail System that is conveniently located directly behind the Senior Center. To this end, beginning on May 4th at 10:15am and every Wednesday morning thereafter, seniors are encouraged to join one or more of your senior peers for a walk along the trail. There is so much to be gained from walking not just physically, but emotionally, spiritually, and socially as well. It enhances your overall feeling of well-being and energizes you. Lace up those sneakers and join us!

Pomfret Senior Association News

The Pomfret Senior Association will now be holding their meetings on the first Monday of the month from 11 to 3 at the Pomfret Senior Center.

The May meeting is a pizza lunch. All Seniors are welcome. If you wish to become a member of the Association, dues are \$5.00 per year. Please RSVP to Gail McElroy at 860-974-0426 the Thursday before the meeting. Cost for lunch is free for members or \$5.00 for non-members. If you wish to bring a bag lunch, you are welcome to do so.

The Association is planning a Whale Watch on July 13th. Those attending will meet at the center to carpool. Details are available at the meeting or by calling Gail McElroy.

Other activities include a Murder Mystery at the Dakota Restaurant in Cromwell. The evening will include a three course meal.

Pomfret Senior Center

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