

# Pomfret Senior Center Activity Calendar

Phone: 860-928-7459      General Hours: 12-4 pm Monday & Tuesday    12-6 pm Wed.\*, Th., Fri.  
Hours vary with posted activities

| ~ May 2013 ~              |  |  |  |   |  |                                   |
|---------------------------|--|--|--|---|--|-----------------------------------|
| Sun                       | Mon  | Tue  | Wed  | Thu   | Fri  | Sat                               |
|                           |  |  | <b>1</b><br>Croquet Begins 9-1<br>Dominoes 2:00<br>Program<br>Committee<br>Meeting 9 am @<br>Seely Brown<br><i>Open til abt. 6 pm</i>                          | <b>2</b><br>Quilting Class<br>9:30-12:00<br><br>Bingo for Fun 1:30<br>Cards/Games<br><i>Open til abt. 6 pm</i>                          | <b>3</b><br>Croquet 9-1<br>Key Gym 10 am<br>Movie abt. 1:30<br>"The Blind Side"<br>Cards/Games<br>after movie<br><i>Open til abt. 6 pm</i>                             | <b>4</b><br>TOWN WIDE<br>TAG SALE |
| <b>5</b>                  | <b>6</b><br>Key Gym 10 am<br>Food Pantry<br>5:30-6:30  | <b>7</b><br>Sr. Association<br>goes to Windham<br>Tech<br><br>Cards/Games  | <b>8</b><br>Croquet 9-1<br>Crafts 10:00<br>Frosted Votive<br>Jars<br><br>Dominoes 2:00<br><br><i>Open til abt. 6 pm</i>  | <b>9</b><br>Quilting/Knitting<br>Gathering 10-12<br>Bingo for Fun 1:30<br>Cards/Games<br><i>until 6 pm</i><br><i>Open til abt. 6 pm</i> | <b>10</b><br>Croquet 9-1<br>Key Gym 10 am<br>BISTRO LUNCH<br>12:00<br>Movie abt. 1:30<br>"Lincoln"<br>Cards/Games<br>after movie<br><i>Open til abt. 6 pm</i>          | <b>11</b>                         |
| <b>12</b><br>MOTHER'S DAY | <b>13</b><br>Key Gym 10 am<br>Food Pantry<br>5:30-6:30 | <b>14</b><br>Food Pantry<br>11:30-12:30<br>*****<br>KARAOKE 12:00<br>*****<br>ROUND TABLE<br>DISCUSSION<br>2:00<br>Cards/Games     | <b>15</b><br>Croquet 9-1<br>Trivia 1:30<br>Dominoes<br>(after Trivia)<br><i>Open til abt. 6 pm</i><br>Sr. Advocate<br>Commission<br>Meeting 7 pm @<br>Sr. Ctr. | <b>16</b><br>Quilting Class<br>9:30-12:00<br><br>Bingo for Fun 1:30<br>Cards/Games<br><i>Open til abt. 6 pm</i>                         | <b>17</b><br>Croquet 9-1<br><br>Key Gym 10 am<br>Movie abt. 1:30<br>"Life of Pi"<br>Cards/Games<br>after movie<br><i>Open til abt. 6 pm</i>                            | <b>18</b>                         |
| <b>19</b>                 | <b>20</b><br>Key Gym 10 am<br>Food Pantry<br>5:30-6:30 | <b>21</b><br>Food Pantry<br>11:30-12:30<br><br>Cards/Games   | <b>22</b><br>Croquet 9-1<br><br><br>Dominoes 2:00<br><br><u><i>Open 'til 5:00pm</i></u>  | <b>23</b><br>Quilting/Knitting<br>Gathering 10-12<br><br>Bingo for Fun 1:30<br>Cards/Games<br><i>Open til abt. 6 pm</i>                 | <b>24</b><br>Croquet 9-1<br>Key Gym 10 am<br>Movie abt. 1:30<br>"Dolphin Tale"<br>Cards/Games<br>after movie<br><i>Open til abt. 6 pm</i>                              | <b>25</b>                         |
| <b>26</b>                 | <b>27</b><br>Memorial Day<br>Sr. Center<br>CLOSED      | <b>28</b><br>Food Pantry<br>11:30-12:30<br>TEEG 12:00<br>Learn @ Lunch<br>DKH-Home Care<br>Wellness<br>Mind Matters<br>Cards/games | <b>29</b><br>Croquet 9-1<br><br><br>Dominoes 2:00<br><br><i>Open til abt. 6 pm</i>   | <b>30</b><br>Quilting Class<br>9:30-12:00<br><br>Bingo for Fun 1:30<br>Cards/Games<br><i>Open til abt. 6 pm</i>                         | <b>31</b><br>Croquet 9-1<br>Key Gym 10 am<br>Movie abt. 1:30<br>"The Secret of<br>Healing by Dr.<br>Esther"<br>Cards/Games<br>after movie<br><i>Open til abt. 6 pm</i> | <b>Notes:</b>                     |

Northeastern CT Transit District

Call for a ride! 860-774-3902

Web Site: [www.NECTD.org](http://www.NECTD.org)      e-mail: [rides@nectd.org](mailto:rides@nectd.org)

\*On the 4<sup>th</sup> Wednesday of the month, the Sr. Center must close by 5:00pm. All other Wednesdays are open 'til about 6:00 pm

## **Pomfret Senior Center Notes:**

### **New Programs:**

**TUESDAY, APRIL 14<sup>TH</sup> AT NOON...KARAOKE!!!!!! THIS IS ALWAYS A LOT OF FUN.**

**1<sup>ST</sup> TIME TRIED AT THE SR. CENTER. AFTERWARDS....ROUND TABLE DISCUSSION WITH MODERATOR...EVERYONE HAS EQUAL VOICE; LET YOURS BE HEARD**

**BISTRO LUNCH, MAY 10<sup>TH</sup> 12:00 noon, \$7.00 (RSVP & payment due by April 26<sup>th</sup> to Susan LaRose)  
Menu-pot roast, mashed potatoes, sugar snap peas and strawberry shortcake**

**Tuesday, May 28th: TEEG Learn @ Lunch 12 - 1:30 pm**

**Day Kimball Hospital Home Care Wellness-Mind Matters**

**Croquet starting up again in May!!! Wednesdays & Fridays 9-1 at Pomfret Rec. Field**

**Wii Bowling -There are not enough participants to have a Wii Bowling Team with Thompson, so it has been cancelled til further notice. If you are interested in playing, call the Sr. Center or speak with John Carter at 860-963-0292**

**Crafts: 10:00 am on the following dates:**

**May 8<sup>th</sup> -Frosted Votive Jars**

**June 12<sup>th</sup>-Summer Arrangements**

**Free to Pomfret Seniors/Others pay \$5.00 Please call the Sr. Center to sign up at 860-928-7459 and ask for Jeannett**

**COMING UP:AARP SAFE DRIVER CLASS ON TUESDAY, JUNE 18TH**

### **On Going Programs:**

**Friday Afternoon Movies: A movie is shown on most Fridays at about 1:30pm. Sometimes a Bistro Lunch is served at 12 noon, right before the movie. Movies will be chosen with input from seniors- make your suggestions known. Come and join the fun. Movies are selected for the following month on the 1<sup>st</sup> Friday. Selections are shown only if available and are posted on the Events Board at the Center.**

**Key Gym: Pomfret Seniors are invited to exercise at no cost at Pomfret's Key Gym location from 10:00 to noon on Mondays and Fridays.**

**Bingo for Fun: Bingo is still a big draw with everyone having a fun time. John Carter calls the games and seems to come up with at least one new game every week or so. These can be challenging.**

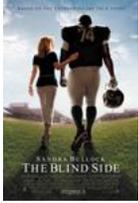
**Cards, Games & Good Company -As always, card games are extremely popular, along with jigsaw puzzles and just plain socializing. The Center is open until about 6 pm on Wednesdays\*, Thursdays and Fridays (\*except the 4<sup>th</sup> Wed. 'til 5 pm)**

**Also new: *Mexican Train and Crokinole (when available)***

**Seniors, please stop in to see what is going on and join in the activities. Sign up for a class or event on the bulletin board. If you have any class or program ideas, we would love to hear about them and will try to set them up for all to enjoy.**

**Quilting, Knitting, Crochet- a group of folks meet every Thursday morning from 10-12 am. Presently, there is a quilting class that meets every other Thursday, earlier, from 9:30-12 but folks are still encouraged to join us and do their own kind of "stitching".**

**Guitar Lessons-Free lessons on your own guitar; Saturdays at about 3:30 but you must call the Sr. Center to make arrangements and let it be known if you are interested. 860-928-7459**



**The Blind Side** showing May 3rd

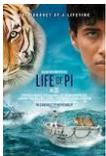
Michael Oher, a homeless African-American youngster from a broken home, is taken in by the Touhys, a well-to-do white family who help him fulfill his potential. At the same time, Oher's presence in the Touhys' lives leads them to some insightful self-discoveries of their own. Living in his new environment, the teen faces a completely different set of challenges to overcome. As a football player and student, Oher works hard and, with the help of his coaches and adopted family, becomes an All-American offensive left tackle. PG-13 · 2hr 06min · Drama



**showing May 10<sup>th</sup>** (Bistro Lunch @ 12 noon...see calendar for details)

**Lincoln** is a 2012 American historical drama film directed and produced by Steven Spielberg, starring Daniel Day-Lewis as United States President Abraham Lincoln and Sally Field as Mary Todd Lincoln.

PG-13 2 hrs. 30 minutes



**showing May 17th**

**Life of Pi** is a 2012 American 3D live-action/computer-animated adventure drama film based on Yann Martel's 2001 novel of the same name. PG



**Dolphin Tale** showing May 24<sup>th</sup> (Memorial Day Weekend)

A story centered on the friendship between a boy and a dolphin whose tail was lost in a crab trap.

PG 113 minutes



**The Science of Healing With Dr. Esther Sternberg** showing May 31st

The Science of Healing follows author and medical researcher Dr. Esther Sternberg to a village in Greece, where her own story of illness and recovery inspired her research into the role the brain and the emotions play in healing, a role the ancient Greeks understood well and used in their practices. Documentary