

Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT



Tuesday, July 5th - 11:30 - Independence Day Cookout

Join us as we will celebrate our great nation's birthday with a good old fashioned cookout!

Tuesday, July 5th - 1:00 - Senior Center Activity Planning Meeting

Help steer the activities at the center! Bring your ideas and help plan the activities at the center in the coming months!

Wednesday, July 6th - 12:15 - Birthday Celebration - Following Lunch

Marge & Betty have birthdays in July...do you? Come celebrate with us! Cake and a song will help us celebrate July birthdays! If you would like to add your birthday to the list, please see Jim Jutras.

Thursday, July 7th & 21st - 10:30 - Cribbage

Learn to throw a hand of Cribbage at the Pomfret Senior Center! Tutorials will be available for all games.

Monday, July 11 - 11:00 - 3:00 - Pomfret Senior Association June Meeting

The Pomfret Senior Association meets at the Pomfret Senior Center monthly. This group plans and runs social activities and trips for area seniors. They are having a picnic for the July 11th meeting. The Association will pay for hot dogs, hamburgers and rolls. Members please bring a dish to share and RSVP by June 28th to Gail 860-974-0426. Non Members are most welcome and the charge will be \$5.00. August 17th is a picnic to Harkness Park and will be a "bring your own lunch" trip. Grills are available if you like. Beautiful flowers and an ocean walk on beach. We will not be swimming. All trips are dependent on carpooling.

Wednesday, July 13th - 12:15 - Movie - "Shall We Dance"

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons. Starring Richard Gere, Jennifer Lopez, Susan Sarandon.

July Events



Thursday, July 14th - 10:30 - Book Club - "Can't Wait to Get to Heaven"

A novel by Fannie Flagg; combining southern warmth with unabashed emotion and side-splitting hilarity, Fannie Flagg takes readers back to Elmwood Springs, Missouri, where the most unlikely and surprising experiences of a high-spirited octogenarian inspired a town to ponder the age-old question: Why are we here?

Tuesday, July 19th - 12:30 - Blueberry / Raspberry Bake Off

Sample some of the best baked treats and deserts by the members of the Pomfret Senior Center, if you ask nicely they might even share their secret receipt.

Tuesday, July 19th - 12:30 - Pitch & Setback

Pitch and Setback card games will be offered at the Pomfret Senior Center! Tutorials will be available for both games.

Wednesday, July 20th - 9:15 - Essex Steam Train & Riverboat Ride

The Pomfret Senior Center is taking a trip! Transportation is provided; please see the back page of the newsletter for details!

Wednesday, July 27th - 10:30 - Guided Meditation

Meditation serves to relax, focus and clear the mind. Join Barbara Marston, MDiv for a session of relaxation and focus using guided meditation and breathing techniques.

Wednesday July 27th - 12:15 - Movie - "It Runs in the Family"

This is the story of a dysfunctional New York family, and their attempts to reconcile. Starring Kirk Douglas, Michael Douglas, Bernadette Peters

Thursday, July 28th - 10:30 - Blood Pressure Clinic

The Pomfret Senior Center will be offering free Blood Pressure Screening starting at 10:30am. Please stop by to have your blood pressure checked, catch up with some old friends as well as make a few new ones.

Ongoing Programs:

- Tai Chi Continues on Tuesdays at 10:30.
- Our Walking Club meets at 10:30 on Wednesdays, come stroll the Airline Trail!
- Yoga is back for July, 1:00 on Thursday afternoons.
- BINGO will be held the second and fourth Wednesday in July.



Essex Steam Train & Riverboat

Join us on July 20th for a new truly Connecticut experience. The Essex Steam Train & Riverboat's 2½-hour journey begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley – designated “one of the last great places on earth” by the Nature Conservancy.

The steam locomotive pulls vintage coaches at 20 mph through the quintessential New England towns of Deep River and Chester. The picturesque countryside includes pristine meadows, a quaint farm, a millpond with waterfall, and trestles and bridges over rivers and creeks. Essex Steam Train offers unique access to several coves and preserves, immersing passengers in an on-board eco-excursion. The train travels near the tidal wetlands of Pratt Cove and Chester Creek – – bountiful, natural habitats for birds. At Deep River Landing, passengers are escorted onto the Becky Thatcher riverboat for a 1¼- hour cruise along the Connecticut River. The visual serenity of the river valley is on full display from Becky's multiple decks. The deep water, coves, inlets, marshes, wildlife, and rocky shoreline are all at once, simply breathtaking! Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes passengers for the return trip back to Essex Station.

Arrangements for this trip are still being finalized, please contact Jim at the senior center (860-928-7459) to reserve your seat or for more information by **July 10th**. Further information on the Essex Steam Train & Riverboat Ride can be found by accessing www.essexsteamtrain.com



Programming at the Pomfret Senior Center is funded in part by Senior Resources with Title III Funds through the Older Americans Act

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