

Pomfret Senior Activity Calendar

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		QUOTE OF THE MONTH: Growing Old: <i>"Inevitable"</i> Growing Up: <i>"Optional"</i>		1 CENTER CLOSED Quilting Class (Paper Piecing) 9:30-12 noon	2 CENTER CLOSED Key Gym 10 - Noon Open Sew 6 -8:30 pm	3
4	5 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	6 Sr. Association Mtg. Brown Bag Luncheon 12:00-2:00 Bingo for Fun 2:30	7 Senior Fitness Class 9 -10 am BISTRO LUNCH (\$7.00) & Presentation on 1955 Flood By Aspinock Historical Society DOMINOES after presentation	8 CENTER CLOSED Open Sew 9:30-12 noon	9 CENTER CLOSED Key Gym 10 - Noon Quilting Class (String Piecing) 6-8:30 pm	10 QUILTING MARATHON 12-12
11	12 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	13 Food Pantry 11:30-12:30 TEEG Learn @ Lunch 12:00-2:00 'In Home Therapy' Bingo for Fun 2:30	14 Senior Fitness Class 9 -10 am Movie @12:30 "After Earth" DOMINOES after movie	15 CENTER CLOSED Quilting Class (Paper Piecing) 9:30-12 noon	16 CENTER CLOSED Key Gym 10 - Noon Open Sew 6 -8:30 pm	17
18	19 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	20 Food Pantry 11:30-12:30 TEEG Learn @ Lunch 12:00-2:00 'Johnny Cash' Bingo for Fun 2:30	21 Senior Fitness Class 9 – 10 am DOMINOES 12:00-1:30 and 3:00 - 5:00 Trivia @ 1:30	22 CENTER CLOSED Open Sew 9:30-12 noon	23 CENTER CLOSED Key Gym 10 - Noon Open Sew *** 6-8:30 pm ***last class to be rescheduled	24
25	26 CENTER CLOSED Key Gym 10 - Noon Food Pantry Open 5:30-6:30	27 Food Pantry 11:30-12:30 Blood Pressure Clinic 1:30 TEEG Learn @ Lunch 12:00-2:00 'Lyme Disease' Bingo for Fun 2:30	28 Senior Fitness Class 9 -10 am Movie @12:30 "Primal Fear" DOMINOES after movie	29 CENTER CLOSED Open Sew 9:30-12 noon	30 CENTER CLOSED Key Gym 10 - Noon Open Sew 6 -8:30 pm	31

Pomfret Senior Activity Calendar

May 2014

The Center is open on Tuesday and Wednesday from noon until 5 pm.

The Center is closed on Monday, Thursday and Friday. Phone: 860-928-7459

Quilting Marathon: Saturday, May 10th from 12:00 noon-12:00 midnight. See event board for details.

Pomfret Senior Association meets the first Tuesday of each month for lunch and a business meeting.

Learn at Lunch: Sponsored by TEEG every Tuesday of the month after the first Tuesday: Tuesdays, May 13, 20, 27. All at 12:00

Senior Fitness Class: Every Wednesday w/Terry Viani 9-10 am.

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.

Quilting, Knitting, Crochet- Thursday morning from 9:30-12 am and Friday evenings from 6-8:30 pm There are two new quilting classes that started on Thursday, March 20th from 9:30am-noon (Paper Piecing) and Friday eves, March 28th (String Piecing)) from 6:00-8:30pm. 'Open Sew' alternates weeks and folks are encouraged to join us and do their own kind of "stitching". Only \$5.00 for quilting lessons per class. Look for details at the Center or call Susan LaRose at 860-974-0494.

Cards, Games & Good Company -As always, card games are extremely popular, along with jigsaw puzzles, Mexican Train (very popular!!), Crokinole (when available) and just plain socializing. Want to play pitch or Mahjongg? Come in, bring your friends and let's start a game.

Dominos: Mexican Train Dominos (match numbers not dots) is played before and after events or whenever time permits. Come and join in the fun.

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 a new game every week or so.

Wednesday Afternoon Movies: A movie will be shown on the 2nd and 4th Wednesday at 12:30 pm. Movies are chosen with input from seniors. Make your suggestions known and join the fun. Selections are shown if available and are posted on the Senior Center Activity Calendar.

Free Blood Pressure Clinic with DKH's Judith Hansen: 1:30pm on Tuesday, May 27th, and June 24th.

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.

Northeastern CT Transit District Call for a ride! 860-774-3902 Web Site: www.NECTD.org e-mail: rides@nectd.org

Closings / Inclement weather: If Pomfret Community School is closed the Center will also close. Listen to WINY : 1350 AM