

*The Pomfret Senior Center
At Wolf Den Grange #61
207 Mashamoquet Road
P O Box 286
Pomfret Center, CT 06259*

*Web: Pomfretct.org
e-mail: betty@pomfretct.org
(860)928-7459*

Calendar of Events

Enclosed you will find a calendar of events for the Month of October at the Senior Center, 542 Hampton Road (Route 97), Pomfret Center, 974-1476 (**Temporary Location**). Hours open from 12:00 – 4:00 Monday thru Friday. **On-going Programs** are 1) Billiards at Seely-Brown 9-12:00 Monday thru Thursday and Friday from 12:30 – 3:00. Rules will be distributed upon registration. 2) Dartball at the Senior Center 12-4:00 in the basement. Softball type throwing. 3) Key Gym use on Monday and Friday from 10:00 till ? 4) There is exercise class at Seely-Brown Village on Monday and Wednesday at 3:00 p.m. \$2.00 per class. Call Betty for more information and to register. 4) Knitting and Crocheting with the “Knitwits” daily. 5) Blood Pressure Clinic for ALL ages on the fourth Monday of each month. 6) The Book Club will meet at the Abington Library on October 29 at 1:30, 7) Bow making and card making is on-going, 8) Wednesday movies. 9) Stew and Story 12:00, 10) The Store, 11) Arthritis Support Group 2nd Thursday of the Month from 10:30 – 11:30 a.m., 12) Wii bowling league, and 13) The Pomfret Food Pantry is open Mondays 5:30 – 6:30 and Tuesdays 11:30 – 12:30 for all ages.

WE WILL BE IN OUR TEMPORARY LOCATION THROUGH OCTOBER AND MAYBE NOVEMBER.

WHAT’S NEW – The Pomfret Senior Center is coming along very quickly. Thank you for the wonders birthday gifts from all of you. Please do not stop by to look at the job as it will be “torn up” both inside and out. Thank you for your assistance with this matter. *The Pomfret Food Pantry is open on Mondays from 5:30 – 6:30 p.m. and Tuesdays from 11:30 – 12:30 a.m. Please see the calendar to make sure of the dates. Everyone who needs emergency food is welcome and proper ID is required. There are no age limits and families are welcome. Please note the local drop off boxes in your public buildings.* Abington Congregation Church Women’s Guild Presents a Holiday Vendor and Bake Sale on Saturday, November 7, 2009 from 9:00 a.m. – 2:00 p.m. at the Tracy House. They are seeking artisan work and craft items only. Call for table rental and reservation by October 10, 2009 at 860-974-3727.

Windham County Interchurch Fellowship Dartball League has Monday night games through March at 542 Hampton Road at 8:00 p.m. All men are welcome.

Did you know that Head Start serves Pomfret? For more information call Alison at 779-0410.

AARP needs volunteers to do income taxes in 2010. Call Betty at 974-1476.

We will have our annual Art Show in November which is sponsored by Senior Resources. Call Betty for information at 974-1476.

Cookbooks are on sale for \$7.50 donation.

There are many services provided through your Pomfret Senior Center. Here is a partial list – The new Food Pantry, recreational activities, volunteer opportunities through RSVP and the Center, Information and referral services for Medicare, Medicaid, Social Security, Insurance, Health screening, free legal and financial counseling, Arthritis Support Group, ConnPace, Renter's Rebate, ATT telephone discount, Farmer's Market Coupons, Transportation, Energy Assistance, Fuel Assistance, access to Senior Resources & Choices Counseling and we also have TEEG to help with programs that are needed. Our goal is to help our Seniors, Caregivers and Families in need of assistance. We ALL have paid for these services with our past endeavors and by simply paying taxes and our bills all our lives.

TRIPS – TRIPS – TRIPS – A day in New York City, 11-28-09.

***DON'T FORGET** about helping with growing food for our neighbors in Pomfret. This would be a wonderful addition to the Food Pantry.*

There are no membership costs for you to come to YOUR center. YOU need to come and support our efforts. Drop by and see our sign for all our events. Thank you for your generous contributions to the store and of your time. Thank you.

The KNITWITS are making winter hats, mittens and scarfs for winter distribution. Thank you to everyone.

The Book Club will be meeting at the Abington Social Library at 1:30 on October 29 to discuss Balzac & The Chinese Seamstress. Come prepared to share your ideas and love of reading.

If you need information about the available programs from the Federal Government, State Government and Town Government go on line to www.seniorresourcesec.org

Quote: There are two gifts you can give your children, One is Roots and the other is Wings.

In most cases the center is open daily from 12 – 4:00. “Do Drop In” is the way we operate. **PICK UP THE CALENDARS AT THE LIBRARIES AND POST OFFICES.** The Calendar will be published in the Pomfret Times. If you would like them emailed to you, send your address to me at betty@pomfretct.org.

October 2009 Calendar for the Pomfret Times and newspapers.

ONGOING - Billards 9-12:00
Key Gym 10:00 a.m.
Exercise Class at Seely-Brown Mon&Wed.\$2.00
DARTBALL 12-4:00
The Store 12-4:00
KNITWITS 12-4:00
Wii bowling league 12-4:00
Bow making and Card making 12-4:00
Blood Pressure Screening 4th Monday 1:00
Pomfret Pantry Mon. 5:30 – 6:30 pm.
& Tues. 11:30 – 12:30

October 1, On-going

Oct. 2, Key Gym 10:00 a.m.
On-going

Oct. 5, Key Gym 10:00 a.m.
On-going
Food Pantry 5:30 – 6:30
Dartball 8:00
Bowling TBA

Oct. 6, Happy Anniversary Pomfret Seniors Association 12:00

Oct. 7, Movie – The Blues Brothers 1:30
Grange Meeting 7:30 OLD TOWN HOUSE

Oct. 8 Bingo for Fun 1:30
Arthritis Support Group 10:30 – 11:30

Oct. 9, Key Gym 10:00 a.m.
On-going

Oct. 12, Key Gym 10:00 a.m.
On-going
CLOSED COLUMBUS DAY
Dartball 8:00 p.m.

Oct 13, Pomfret Food Pantry 11:30 – 12:30 pm.
On-going

Oct. 14, Movie – Take the Lead 1:30
Trip to Foxwoods Casino & Museum 10-4:00

- Oct 15, On-going
- Oct 16, Key Gym 10:00 a.m.
On-going
MS Support Group at DKH 7:00 p.m.
- Oct 19, Key Gym 10:00 a.m.
Bowling TBA
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.
Seasonal Flu Clinic 1:00
- Oct. 20, On-going
Pomfret Food Pantry 11:30 – 12:30
- Oct 21 , Movie – Philadelphia
Grange Entertainment 6:30 Old Town House
- Oct 22, Bingo for Fun 1:30
- Oct 23 , Key Gym 10:00 a.m.
On-going
Card-making 1 – 3:00 \$5.00
- Oct 26, Key Gym 10:00 a.m.
Bowling TBA
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 pm.
- Oct 27 On-going
- Oct 28 Movie – Curse of the Were Rabbitt 1:30
- Oct 29 Book Club 1:30
- Oct 30 Key Gym 10:00 a.m.
On-going
Happy Halloween to everyone – Go see Carter’s Farm on Babbitt Hill

PLEASE MAKE SURE THE FOLLOWING IS ON THE CALENDAR SOMEWHERE
(top or bottom area)

November 2 – Senior Association Anniversary Meeting 12:00 Election Day
Pomfret Food Pantry is open – See calendar for dates.
I hope this format works for you. Betty