

*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 August 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 Thursday 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 August 20 at 1:30, 7) Bow making and card making is on-going, 8) Wednesday movies. 9) Stew and Story will start up again in September, 10) The Store, 11) Arthritis Support Group 2nd Thursday of the Month from 10:30 – 11:30 a.m. will be back in September, 12) Wii bowling league, and 13) The Emergency Food Pantry is open Mondays 5:30 – 6:30 and Tuesdays 11:30 – 12:30.

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

WHAT’S NEW – The Contractor is chosen and trees have been cut and the work will progress shortly on the renovations of the Pomfret Senior Center. 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 Emergency Food Pantry is opening on August 3 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 proper dates.

Everyone who needs emergency food is welcome and proper ID is required. Please note the local drop off boxes in your public buildings. Thank you.

Cookbooks are on sale for \$7.50 donation. We are in our 3rd printing. Thank you everyone.

Coupons for Cash \$\$ Save on those necessities \$\$ Learn how to use coupons and the internet to shop locally and Save, Save, Save! 1:00 on Friday, July 21st.

Foxwood Casino August 14, 2009, 8:30 – 4:14 \$17.00 per person coach bus. Register Early by 8/7 as space is limited. 974-1476.

The Community Renewal Teams has an excellent state-wide program for seniors, it is called Home Solutions which provides free and low-cost repairs to homeowners. Call 974-1476 for more information.

There is new legislation to replace Junky Gas Guzzlers with new Fuel Efficient Cars. Call 974-1476 for more information.

Stand Down 2009 is a program for needy veterans of Connecticut. There is a list of things they need to have donated such as gift cards, cash, and Comfort Kit items. This program is to help "Serve Those Who Have Served". Call 974-1476 to get the list of ideas. Don't forget the Old Sailors and Soldiers Relief Fund which helps veteran's with their much needed medical expenses and other bills in this very hard time.

Medical Alter System.com provides Personal Emergency Response Systems for a minimal monthly service fee call 1-800-283-2300 for a free brochure.

There are many services provided through your Pomfret Senior Center. Here is a partial list – The new Emergency 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.

We will once again participate in Positively Pomfret Day with a Pie Baking Contest if you are interested please call to register at 974-1476.

Movies this month will celebrate the Book Club by showing movies of the books that have been read by the members of the Book Club. New members welcome, 974-1276.

TRIPS – TRIPS – TRIPS - Camelot is being sponsored by the Performing Arts NECT at the Goodspeed Opera House on Thursday, September 17, 2009. The cost is \$75.00 per person which includes the Orchestra seat and bus ride. Advance reservation is required, please call the Box Office at 928-2946 for information and tickets.

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.

I am asking the KNITWITS to Stop making the Chemo Caps for a while. Let's start our winter hats, mittens and scarfs again. Thank you to everyone.

The Book Club will be meeting at the Abington Social Library at 1:30 on August 20 to discuss Pride and Prejudice. 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: When Someone Hugs You, Let Them be the First to Let Go.

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.

August 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&Thurs \$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
Emergency Food Pantry Mon. 5:30 – 6:30 pm.
& Tues. 11:30 – 12:30

August 3, Key Gym 10:00,
Bowling 12:45,
Emergency Food Pantry 5:30 – 6:30 pm.

August 4, Senior Association Brown Bag Meeting 12:00

August 5, Movie – The Notebook 1:30

August 6, Renter’s Rebate every Thursday

August 7, Key Gym 10:00 a.m.
Register for Casino Trip on 8/14

August 10, Key Gym 10:00 a.m.
Bowling in Thompson 12:30
Emergency Food Pantry 5:30 – 6:30 pm.

August 11, On-going
Emergency Food Pantry 11:30 – 12:30

August 12, Movie – The Kiterunner 1:30
Grange Meeting 7:30 OLD TOWN HOUSE

August 13, BINGO FOR FUN 1:30

August 14, Key Gym 10:00 a.m.
Foxwoods Casino for Seniors 8:30 – 4:15 \$17.00 per person

August 17 , Key Gym 10:00 a.m.
Bowling 12:45
Emergency Food Pantry 5:30 – 6:30 pm.

- August 18, On-going
Emergency Food Pantry 11:30 – 12:30
- August 19, Movie – The Secret Life of Bees 1:30
- August 20, Book Club 1:30
Pride and Prejudice
- August 21, Key Gym 10:00 a.m.
Coupons for Cash Workshop 1:00
- August 24, Key Gym 10:00 a.m.
Bowling in Thompson 12:30
Emergency Food Pantry 5:30 – 6:30 pm.
Blood Pressure 1:00
- August 25, On-going
Emergency Food Pantry 11:30 – 12:30
- August 26, Movie – The Hurricane of 38 1:30
Grange Entertainment 6:30 Old Town House
- August 27, Bingo for Fun 1:30
- August 28, Key Gym 10:00 a.m.
On-going
- August 31, Key Gym 10:00 a.m.
Bowling 12:45
Emergency Food Pantry 5:30 – 6:30 pm.

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

September 1 – Senior Association Meeting Brown Bag Lunch 12:00
Renter's Rebate is every Thursday. Food Pantry is starting in August.

I hope this format works for you. Betty