

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

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(860)928-7459*

## Calendar of Events

Enclosed you will find a calendar of events for the Month of July at the Senior Center, 207 Mashamoquet Road, Pomfret Center, 928-7459. 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. Read on. 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 July 2 at 1:30 to discuss *The Secret Life of Bees* and on July 30 for *Oh Pray My Wings Are Gonna Fit Me Well* by Maya Angelou, 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 2<sup>nd</sup> Thursday of the Month from 10:30 – 11:30 a.m. will be back in September, and 12) Wii bowling league.

**WE WILL BE IN OUR TEMPORARY LOCATION ON JUNE 22, 2009 THROUGH SEPTEMBER APPROXIMATELY – SEE THE BACK OF YOUR CALENDAR FOR MORE INFORMATION.**

**WHAT’S NEW – We will be starting a Food Pantry in August.** Renter’s Rebate has started. Please get your 2008 information ready and contact me if you feel you are eligible or have questions at 928-7459. If you did not receive your appointment notice, please call me.

*We now have our WII bowling league. We will be challenging other teams in the area. Thompson has 4 teams, we have already bowled with them and they are on a regular schedule with us. The “team” will practice at the center M – F 12-4:00 as agreed upon by the members. Games will be determined. The “teams” will be coed. There is fun for all. Thompson on the 6<sup>th</sup> and 20<sup>th</sup>. Pomfret on the 13<sup>th</sup> and 27<sup>th</sup>.*

We will make your fancy bow for that very special occasion. Bring 3-4 yards of your favorite WIRED ribbon and we will make it for you. Your donation is \$1.00 per bow OR pick what you like from our collection. Do you want the card to go with it – same process, bring your own supplies or use ours and we can create it at the Senior Center.

*The annual picnic for the Senior Association will be held at Mashamoquet State Park on July 7, 2009 at 12:00 noon. Kentucky Fried Chicken and G7 Caterers will be providing the delicious food. Bring your own beverage.*

**TRIPS – TRIPS – TRIPS** -We are doing our “About Town” visit to Sharpe Hill Vineyard on July 17 from 2:00 – 3:00 approximately. We now have a bus that will carry more people. Please call to register for this trip by July 10. The wine tasting will cost \$5.00 with a walk around the vineyard. 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.

*We are participating in a walking program this year. The Brunch at DKH is on Thursday, July 30 at 10:30 – 12:00 noon. Call to sign up.*

Pomfret Senior Center Cookbook is on sale at the Senior Center. The cost of the cookbook will be \$7.50 for fund raising. It has 60 of our favorite recipes in it.

***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 start making the Chemo Caps for a while. These are necessary items for people in need. Let's also 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 July 2 to discuss the Secret Life of Bees. The book Oh Pray My Wings Are Gonna Fit Me Well by Maya Angelou will be discussed on July 30. Come prepared to share your ideas and love of reading and poetry! Refreshments will be served. Transportation can be provided.

If you need information about the available programs from the Federal Government, State Government and Town Government go on line to [www.seniorresourcesec.org](http://www.seniorresourcesec.org)

*Quote: You cannot fit through the back door what will not fit through the front!*

In most cases the center is open daily from 12 – 4:00. “Do Drop In” is the way we operate. If you come and there is a class in progress, there will be other things for you to do. We need ideas about craft projects you would like to do.

**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](mailto:betty@pomfretct.org).

**The Rec. Dept. will be planning for the next positively Pomfret Day which will be held on September 26, 2009. If you would like to help plan and/or work on that day, let me know. If you have any questions, please call Betty at 928-7459 for help. July 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 4<sup>th</sup> Monday 1:00**

- July 1 ,       Movie – Phantom of the Opera  1:30**
- July 2,        On-going**  
**Renter’s Rebate**
- July 3,        Center Closed – Happy 4<sup>th</sup> of July**
- July 6,        Key Gym 10:00 a.m.**  
**On-going**  
**Bowling in Thompson**
- July 7,        Senior Association Picnic**  
**12:00 noon Mashamoquet State Park**  
**KFC catered bring your own beverage**
- July 8,        Movie – Stand and Deliver 1:30**  
**Grange Meeting 7:30 OLD TOWN HOUSE**
- July 9,        BINGO FOR FUN 1:30**
- July 10,       Key Gym 10:00 a.m.**  
**On-going**
- July 13 ,      Key Gym 10:00 a.m.**  
**On-going**  
**BOWLING 1:00**
- July 14,      On-going**
- July 15,      Movie – Legends of the Fall 1:30**
- July 16,      On-going**

- July 17, Key Gym 10:00 a.m.  
On-going  
Sharpe Hill Vineyard  
Wine Tasting and Walk Around 2:00 – 3:00 \$5.00**
- July 20, Key Gym 10:00 a.m.  
On-going  
Bowling in Thompson**
- July 21, On-going  
Busters Mini Golf 1:30 \$5.00**
- July 22, Movie – The Replacements 1:30  
Grange Picnic 6:30**
- July 23, On-going  
Bingo for Fun 1:30**
- July 24, Key Gym 10:00 a.m.  
On-going**
- July 27, Key Gym 10:00 a.m.  
On-going  
BOWLING 1:00  
Blood Pressure 1:00**
- July 28, On-going**
- July 29, Movie – Scent of a Woman 1:30**
- July 30, On-going  
Walking Program Brunch 10:30 – 12:00  
Book Club 1:30 Call to register.**
- July 31, Key Gym 10:00 a.m.  
On-going**

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

**July 7 – Senior Association Meeting Picnic 12:00**

**Renter's Rebate is started. Farmer's Market Coupons this month. Food Pantry is starting in August. Pay your taxes this month.**

I hope this format works for you. Betty