

*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 September 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 September 17 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.

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

WHAT’S NEW – The Pomfret Senior Center is coming along very quickly. Happy 1st Birthday on September 1, 2009. 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. We want to thank the Girl Scouts and Maureen Lane for the fresh fruits and veggies. Thank you.

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. See the registration form with your calendar. There will be cash prizes awarded.

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 Season Opener is September 14, 2009 at 542 Hampton Road at 8:00 p.m. Call President, John Carter, at 963-0292 for tryout, registration and get more information about the different church teams in the area. Call ASAP.

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.

We will be doing a Halloween Craft – MR. OR MS. SCARECROW – Workshop on September 29, 2009 from 1 – 3:00 pm. Bring sharp pointed scissors with you and around 10 clean gallon milk containers (we have some available). Register by September 22. \$5.00.

Cookbooks are on sale for \$7.50 donation.

Medical Alert 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 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.

The Book Club is accepting NEW members. See calendar for book club dates.

TRIPS – TRIPS – TRIPS – A day in New York City, 11-28-09. The Big E – 10/3/09.

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.

I am asking the KNITWITS to get those winter hats, mittens and scarfs going for winter distribution. Thank you to everyone.

The Book Club will be meeting at the Abington Social Library at 1:30 on September 17 to discuss A Tree Grows in Brooklyn. 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: A hospital bed is a parked taxi with the meter running. Groucho Marx

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.

September 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
Pomfret Pantry Mon. 5:30 – 6:30 pm.
& Tues. 11:30 – 12:30

September 1, Happy 1st Birthday – Pomfret Senior Center, Senior Association Brown Bag Meeting 12:00

Sept 2, Movie – Quigley Down Under 1:30

Sept 3, ON-GOING
Renter's Rebate until September 15 on Thursday

Sept 4, Key Gym 10:00 a.m.

Sept 7, Closed Happy Labor Day

Sept 8 Stew & Story 12:00
Pomfret Food Pantry 11:30 – 12:30

Sept 9, Movie – The Undefeated 1:30
Grange Meeting 7:30 OLD TOWN HOUSE

Sept 10, Arthritis Support Group 10:30 – 11:30
BINGO FOR FUN 1:30

Sept 11, Key Gym 10:00 a.m.
On-going

Sept 14, Key Gym 10:00 a.m.
Bowling in Thompson 12:45
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.

Sept 15 On-Going
Emergency Food Pantry 11:30 – 12:30

- Sept 16, Movie – The Wedding Date 1:30
- Sept 17, Book Club 1:30
A Tree Grows in Brooklyn
- Sept 18, Key Gym 10:00 a.m.
MS Support Group at DKH 7:00 p.m.
- Sept 21, Key Gym 10:00 a.m.
Bowling in Pomfret
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.
- Sept 22, On-going
Pomfret Food Pantry 11:30 – 12:30
- Sept 23, Movie – Radio 1:30
Grange Entertainment 6:30 Old Town House
- Sept 24, Bingo for Fun 1:30
- Sept 25, Key Gym 10:00 a.m.
On-going
- Sept 28, Key Gym 10:00 a.m.
Bowling in Thompson 12:45 with Blood Pressure 1:00
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 pm.
- Sept 29 Halloween Scarecrow Workshop 1 – 3:00 Bring sharp scissors \$5.00
- Sept 30 Movie – The Fifth Element 1:30

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

October 6 – Senior Association Meeting Brown Bag Lunch 12:00
Pomfret Food Pantry is open – See calendar for dates.

I hope this format works for you. Betty