

*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

Here is the calendar of events for the Month of April at the Senior Center, 207 Mashamoquet Road, Pomfret Center, (860) 928-7459. Hours open from 12:00 – 4:00 Monday thru Friday. **On-going Programs** are 1) Billiards at the Senior Center 12:00-4:00 Monday thru Friday in the basement. 2) Dartball at the Senior Center 12-4:00 in the basement. 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 3:00p.m. \$2.00 per class. 5) Knitting and Crocheting with the “Knitwits” daily. Read on. 6) Blood Pressure Clinic for ALL ages on the last Monday of each month. 7) The Book Club will meet again starting in March 26 at the Abington Library, 8) Wednesday movies and 9) Stew and Story 12:00 monthly, 10) The Store, 11) Arthritis Support Group 2nd Thursday of the Month from 10:00 – 12:00 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 and **NEW to the Center – Computers**. If you need medical type equipment, call Betty.

*NEW, NEW, NEW – We now have **internet** connection. You can learn how to use the internet, play games, apply for services and word processing. **Bulky Waste 2010 is on Friday and Saturday April 23 & 24 from 9:00 am – 3:00 pm.** Pomfret Town Hall New Hours effective April 1, 2010 are Monday, Tuesday, Thursday 8:30 a.m.-5:00 p.m., Wednesday 8:30 a.m. – 6:00 p.m., and Closed on Friday. **Do you like to relax? Then learn how to relax and be healthy. We will be having Yoga classes on Tuesdays in April from 2:00 – 3:30 at your Senior Center. Marlys Elliott will be teaching the classes. The cost is \$13.00 per class. This is a gentle supportive yoga called Szaroopa. Go to szaroopayoga.org to see what it is all about and register early. We will be participating in the TOWN WIDE TAG SALE on Saturday, May 1, 2010 from 8:00 a.m. till afternoon. If you would like a table at the Center, you must call soon to reserve one. The cost is \$10.00 per table and you can be inside or outside, rain or shine. Call Betty at 860-928-7459 from 12:00 – 4:00 daily to make your reservation. Tables are limited***

They are starting to give out cell phone numbers. If you do not want to be called by the different companies who will purchase your number, You must call 888-382-1222 the National DO NOT CALL list and call from the number you want to report..

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 food is welcome and proper ID is required. There are no age limits and families are welcome. Please not the local drop off boxes in your public buildings.

Bake and Tag Sale – The annual Wolf Den Grange Bake Sale and the Pomfret Senior Center Tag Sale will be held on Saturday, April 3, 2010 from 9:00 – 12:00 a.m. at the Pomfret Senior Center at 207 Mashamoquet Road (Route 44). If you have things you would like to contribute to the tag sale drop them off at the Center between 12-4:00 on Monday – Friday. See Betty. **THE GRANGE BAKE SALE WILL BE UPSTAIRS. THE SENIOR CENTER TAG SALE WILL BE DOWNSTAIRS AND THE HANDMADE CRAFT ITEMS AND SNACKS WILL BE UPSTAIRS. THERE IS SOMETHING FOR EVERYONE.**

We will be starting the Wii Bowling League up again for 2010. Our first game is in Pomfret on April 5th. The League plays against Thompson on Alternating Mondays in Thompson and the other Mondays Thompson comes to our center.

Join the Grange. It's a community service organization that works with the Town of Pomfret folks. There is a membership fee and monthly dues. Call John Carter at 963-0292.

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

Knitwits – please work on Chemo caps – we have plenty of winter things for now. Thanks for all your work.

There are many services provided through your Pomfret Senior Center. Here is a partial list – The 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, Energy Assistance, Fuel Assistance, access to Senior Resources and Choice Counseling and we also have TEEG to help with program 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 our taxes and our bills all our lives.

There are no membership costs to come to YOUR center. YOU need to come and support our efforts. See what we can do for you at YOUR Senior Center. If you would like your name placed on our mailing list, let me know. If you would like it removed from our list, let me know. Call 860 928-7459 and leave a message. Thank you, Betty.

Falls are the leading cause of accidental death. (Center for Disease Control)

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

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. We now have a monthly Blood Pressure Clinic for ALL the last Monday of the month at 1:00 p.m. Remember to pick up your calendars at the Libraries and Post Offices. The Calendar is published in the Pomfret Times. If you would like them emailed to you, send your address to me at betty@pomfretct.org.

If you have any questions, please call Betty at 860-928-7459 for help.

April 2010 Calendar for the Pomfret Times and newspapers.

ONGOING -
Computer training and use 12-4:00
Key Gym 10:00 a.m. Monday and Friday
Exercise Class at Seely-Brown Mon&Wed. \$2.00
DARTBALL 12-4:00
The Store 12-4:00
KNITWITS 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
Bingo for Fun every other Thursday 1:30
Dominoes Day alternating with Bingo For Fun
Craft Fair Day 3rd Tuesday
Play Pool at the Center 12-4:00

April 1, Dominoes Day
On-going

April 2, Key Gym 10:00 a.m.
On-Going

HAPPY EASTER

April 5, Wii Bowling Game with Thompson
Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30

April 6, Pomfret Senior Association Meeting 12:00
CL& P Bingo presentation

April 7, Movie – The Mirror Has Two Faces 1:30

April 8, Arthritis Support Group 10:00 – 12:00
Bingo for Fun 1:30

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

April 12, Wii Bowling Game in Thompson
Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30

April 13, Pomfret Food Pantry 11:30 – 12:30
 Stew and Story 12:00
 Yoga 2:00 – 3:30 1st class

April 14, Movie – Calendar Girls 1:30
 Grange Meeting 7:30 Senior Center

April 15, Income Tax Day
 Dominoes Day

April 16, Key Gym 10:00 a.m.
 On-going

April 19, Wii Bowling Game
 Key Gym 10:00 a.m.
 Pomfret Food Pantry 5:30 – 6:30 pm.

April 20, Food Pantry 11:30 – 12:30
 Yoga 2:00 – 3:30

April 21, Movie – A River Runs Through It 1:30

April 22, Bingo for Fun 1:30
 On-Going

April 23, Key Gym 10:00 a.m.
 On-going
 MS Support Group at DKH 7:00 p.m.
 Bulky Waste the 23rd & 24th 9:00 – 3:00

April 26, Wii Bowling Game in Thompson
 Key Gym 10:00 a.m.
 Pomfret Food Pantry 5:30 – 6:30 pm.
 Blood Pressure 1:00

April 27, Pomfret Food Pantry 11:30 – 12:30
 On-Going

April 28, Movie – The New World 1:30
 Grange Entertainment 6:30 Senior Center

April 29, Dominoes Day
 On-Going

April 30, Key Gym 10:00 a.m.
 Book Club 2:00

MAY 1 Town Wide Tag Sale at the Senior Center 8:00 a.m.

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

May 4 – Senior Association Meeting 12:00 Pomfret Food Pantry is open – See
calendar for dates. Town Wide Tag Sale, Saturday, May 1, 2010 at the Senior Center
from 8:00 – afternoon.