

*The Pomfret Senior Center
And Wolf Den Grange #61
207 Mashamoquet Road
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Pomfret Center, CT 06259*

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Calendar of Events

Enclosed you will find a calendar of events for the Month of August 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 Friday, 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 3:00p.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 once a month – see calendar for date, time and place, 8) Wednesday movies and 9) Stew and Story 12:00 monthly, 10) Clara’s Corner Store, 11) Arthritis Support Group 2nd Thursday of the Month from 10:30 – 11:30 a.m., 12) Wii Bowling League on Mondays at the Center or in Thompson, and 13) the Pomfret Food Pantry is open Mondays 5:30 – 6:30 and Tuesdays 11:30 – 12:30 for all ages, 13) Computer use, and if you need medical supplies, please call to see what is available.

All You Can Eat Spaghetti Dinner on Saturday, August 21, 2010 from 4:30 – 6:30 p.m. \$8.00 per person and \$5.00 for children 12 years old and under. We are doing fund raising for a sound system for the Pomfret Senior Center. Tickets are available by calling the Senior Center at 860-928-7459.

September Plant Swap, please let us know if you are planning to participate so we can get a count and an idea about what is coming. In other words, if 15 people want to participate, if I let everyone know, then you need to only transplant so many.

Once again we will be participating in Positively Pomfret Day on September 25, 2010 with our apple pie judging contest. We were also asked if we would run a chocolate pie-eating contest. More about this at the Senior Association Meeting.

We will be taking another field trip to the Woodstock Pink House Barns to see their free dairy display and we will be stopping by the Scranton Shops to do a little antiquing and collectable shopping/browsing. This will be on August 11, 2010. See calendar and register quickly.

TAI CHI has come to the Senior Center. An innovative workout for the mind and body. This exercise tones muscles, improves flexibility and reduces stress. This will be a weekly class to learn the “moves” and practice at your convenience at home. This is a free program for men and women.

The Healthy Living Expo and Senior Art Show will be at Ellis Technical High School on Tuesday, November 2, 2010 from 9:30 a.m. – 12:30 pm. Come and bring your artwork and win a prize, view some beautiful works and get the freebies from the vendors for the Expo.

Your Senior Center is Air Conditioned so please come and enjoy a respite from the heat and have fun with a great bunch of people. If you know of anyone who would need a well check from the fire department, please contact Betty. We are also a “Cool Zone” for all members of the Pomfret Community – young and old.

Renter’s Rebate appointments are made. If you have not participated in this program before, you must call Betty Morin for information at 860-982-7459 from 12:00 – 4:00 Monday – Friday.

Come to the Center to use the computers and learn about the Internet and produce word documents.

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.

Be prepared. You never get a second chance to make a good first impression. (Life’s little instruction book)

The following is a list of free programs offered by the Thompson Recreation Department during the summer months. The following concerts and movies are free and are held at Riverside Park in North Grosvenordale, CT. Bring you lawn chairs or blankets and enjoy five evenings of great family entertainment.

Friday Aug. 6 7:00 p.m.Riverboat Ramblers - Friday Aug.13 7:00 p.m.Tongue & Groove
Call the Recreation Office at 860-923-9440 for announcement for inclement weather.

If you need information about the available programs from the Federal Government, State Government and Town Government go on line to www.seniorresourcesec.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. Remember to drop off food for the food pantry at Churches and public buildings. 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.

August 2010 Calendar for the Pomfret Times and newspapers.

ONGOING -

Senior Center Billiards 12:00 – 4:00
Key Gym 10:00 a.m. Monday and Friday
Exercise Class at Seely-Brown Mon&Wed. \$2.00
DARTBALL 12-4:00
Clara's Corner Store 12-4:00
KNITWITS 12-4:00
Bow making and Card making 12-4:00
Blood Pressure Screening 4th Monday 1:00
Pomfret Food 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
Quilting Class alternating with Bingo For Fun

- August 2, Key Gym 10:00 a.m., Wii bowling in Pomfret, Pomfret Food Pantry 5:30 –6:30
- August 3, Pomfret Senior Association Brown Bag Meeting 12:30, Pomfret Food Pantry 11:30 – 12:30
- August 4, Computer/Internet 12:30
- August 5, Dominoes Day and Quilting 12:30
- August 6, Key Gym 10:00 a.m. and On-going
- August 9, Wii Bowling in Thompson, Key Gym 10:00 and Pomfret Food Pantry 5:30-6:30
- August 10, TAI CHI 1:00
Food Pantry 5:30 – 6:30
- August 11, Drawing Class 2:00 and Woodstock Dairy Exhibit and Shops 1:00
Register now. Grange Meeting at 7:30
- August 12, Bingo for Fun 1:30
Arthritis Support Group 10:30 – 11:30
- August 13, Key Gym 10:00 a.m.
On-going
- August 16, Wii Bowling - here
Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.

- August 17, TAI CHI 1:00
Food Pantry 11:30 – 12:30
- August 18, Movie Day – Shall We Dance 1:30
- August 19, Dominoes Day
Quilting Class 12:30
- August 20, Key Gym 10:00 a.m.
On-going
- August 21, **All You Can Eat Spaghetti Dinner 4:30 – 6:30 \$8.00 and \$5.00**
- August 23, Wii Bowling Here 12:30
Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.
Blood Pressure 1:00
- August 24, TAI CHI 1:00
Pomfret Food Pantry 11:30 – 12:30
- August 25, Drawing Class 2:00
Grange Entertainment 6:30 Senior Center
- August 26, Bingo for Fun 1:30
- August 27, Key Gym 10:00 a.m.
Book Club at Abington Library – Back in September
- August 30, Wii Bowling – Thompson
Food Pantry 5:30- 6:30
Key Gym 10:00 a.m.
- August 31, TAI CHI 1:00
Food Pantry 11:30 – 12:30

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

September 7 – Senior Association Meeting 12:00 Pomfret Food Pantry is open – See
calendar for dates. September Plant Swap – Healthy Living Expo and Art Show on
November 2, 2010.