

*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 February 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 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 3:00p.m. \$2.00 per class. Call Betty for more information and to register. 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 2010 at the Abington Library (due to inclement weather in January and February). 8) Wednesday movies and 9) Stew and Story 12:00 monthly, 10) The Store, 11) Arthritis Support Group 2nd Thursday of the Month from 10:30 – 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 for all ages.

The H1N1 clinic will be held on Friday, February 5, 2010 from 3:00 – 6:00 p.m. at the Pomfret Senior Center. There is no charge for the vaccine. All ages over 6 months are eligible to get the vaccine. Only one dose is needed, except for children 9 and under who will need a booster 28 days later. Please wear short sleeves and expect to stay 20 minutes after the shot to monitor for adverse reactions (there have been none yet). If your child(ren) received the vaccine at PCS they can get their booster at the Senior Center.

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.

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. They gave our 3rd graders new dictionaries this year. Call John Carter at 963-0292.

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 860-928-7459.

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.

Joke: "Let me call us Sweetheart because I can't remember your name." My husband gave me this card on Valentine's Day. He is lucky we are still married. Betty

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. 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.

February 2010 Calendar for the Pomfret Times and newspapers.

ONGOING - Seely-Brown Billards 9-12:00
Key Gym 10:00 a.m. Monday and Friday
Exercise Class at Seely-Brown Mon&Wed. \$2.00
DARTBALL 12-4:00 Mondays
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

February 1, Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30
Dartball 8:00

February 2, Pomfret Seniors Association 12:00
Food Pantry 11:30 -12:30

February 3, Movie – Jerry McGuire 1:30

February 4, Dominoes Day
On-going

February 5, H1N1 Vaccine 3-6:00 p.m. Free to All ages
Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30
Dartball 8:00

February 8, On-going
Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30
Dartball 8:00

February 9, Stew and Story 12:00
Pomfret Food Pantry 11:30 – 12:30

February 10, Movie – Patch Adams 1:30
Grange Meeting 7:30 Senior Center

February 11, Bingo for Fun 1:30
Arthritis Support Group 10:30 – 11:30 See you in March 2010

- February 12, Key Gym 10:00 a.m.
On-going
- February 14, Happy Valentine's Day
- February 15, Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.
- February 16, Craft Fair Day
Food Pantry 11:30 – 12:30
- February 17, Movie – Shergar 1:30
- February 18, Dominoes Day
- February 19, Key Gym 10:00 a.m.
On-going
MS Support Group at DKH 7:00 p.m.
- February 22, Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.
Blood Pressure 1:00
- February 23, On-going
Pomfret Food Pantry 11:30 – 12:30
- February 24, Movie – One True Thing 1:30
Grange Entertainment 6:30 Senior Center
- February 25, Bingo for Fun 1:30
- February 26, Key Gym 10:00 a.m.
On-going

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

March 2 – Senior Association Meeting 12:00 Pomfret Food Pantry is open – See
calendar for dates.