

*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 January 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.

NEW – NEW – NEW – Thursday is Dominoes Day alternating with Bingo for Fun. **CRAFT FAIR Day will be the 3rd Tuesday of the Month at 12:30 p.m. I would like to prepare for an Annual Craft Fair Fundraiser in the Spring or Fall by making items to sell on the 3rd Tuesday of the Month. We have many items to make and we can make them once a month. Drop by on Tuesday the 19th to help.**

Start collecting your financial information for the Renter’s Rebate program in 2010 with your 2009 information from January 1, 2009 – December 31, 2009.

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.

Senior Association dues are \$5.00 per year and the dues are due in January 2010.

Windham County Interchurch Fellowship Dartball League has Monday night games through March at 542 Hampton Road at 8:00 p.m. All men are welcome.

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.

The Pomfret Community School had a lovely *Christmas Party* for the seniors on December 10th at 5:00 p.m. The dinner was excellent and the chorus was great. Thank you PCS.

Quote: Thank you to everyone who made the New Senior Center a Reality! Betty Morin

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.

January 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

January 1, Happy New Year 2010 Center Closed

January 4, Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30
Dartball 8:00

January 5, Pomfret Seniors Association 12:00 Social Security Presentation by Mr.
Robert Rodriguez at 1:00

January 6, Movie - The Man in the Iron Mask 1:30

January 7, Dominoes Day

January 8, On-going
Key Gym 10:00 a.m.

January 11, Key Gym 10:00 a.m.
Food Pantry 5:30 – 6:30
Dartball 8:00

January 12 Stew and Story 12:00
Pomfret Food Pantry 11:30 – 12:30

January 13, Movie – Mrs. Doubtfire 1:30
Grange Meeting 7:30 Senior Center

January 14, Bingo for Fun 1:30
Arthritis Support Group 10:30 – 11:30 See you in March 2010

January 15, Key Gym 10:00 a.m.

- January 18, Center Closed, Martin Luther King Day
Key Gym 10:00 a.m.
On-going
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.
- January 19, Craft Fair Day
Food Pantry 11:30 – 12:30
- January 20, Movie – Snow Buddies 1:30
- January 21, Dominoes Day
- January 22, Key Gym 10:00 a.m.
On-going
MS Support Group at DKH 7:00 p.m.
- January 25, Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.
Dartball 8:00 p.m.
Blood Pressure 1:00
- January 26, On-going
Pomfret Food Pantry 11:30 – 12:30
- January 27, Movie – The Best of Red Skeleton 1:30
Grange Entertainment 6:30 Senior Center
- January 28, Bingo for Fun 1:30
- January 29, Key Gym 10:00 a.m.

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

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