

*The Pomfret Senior Center
At Wolf Den Grange #61
207 Mashamoquet Road
P O Box 286
Pomfret Center, CT 06259*

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(860)928-7459*

Calendar of Events

Enclosed you will find a calendar of events for the Month of July 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.

PANCAKE Breakfast on Saturday, June 5, 2010 was a great success. Thank you to the Pomfret Wolf Den Grange for sponsoring the breakfast with the proceeds going to the Pomfret Food Pantry.

NEW – Pomfret Library has set up a lending library at the Center. Come in and read a good book on CD or a really good page turner. It works the same way as the Library. We have started our drawing class. Please attend – the cost is \$10.00 per class. Computer/Internet will be scheduled monthly – watch the calendar. Trip to the Brooklyn Historical Museum on Wednesday, July 14 – Register soon for the bus.

Happy July 4th. The center will be closed July 5th.

Bulky Waste – Friday and Saturday, July 23 & 24 9:00 – 3:00.

NOT so instant replay – The Secret Life of Bees will be replayed on July 21st at 1:30.

The first showing last summer was really bad. I promised to show it when I got it again. Renter’s Rebate appointment schedules will be mailed out at the end of June. 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.

The Senior Association Meeting Pizza party will be held at the Senior Center to enjoy the air conditioning.

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.

The Friendship Wall stones are needed. Please donate stones in the memory of your loved one(s) or yourself and their names will be placed on a plaque and the stone will be placed in the wall.

These are some interesting facts about your Senior Center -

- 1) There is a core group of 15 people who come on a regular or daily basis to the Center.
- 2) The Renter's Rebate program services 50 people who reside in Pomfret.
- 3) The key gym has another 30 people who use the gym (Pomfret residents).
- 4) The Farmer's Market program services 100 people (Pomfret residents).
- 5) The Center runs many varied program for seniors (for all seniors).
- 6) The Senior Association has 90 members (Pomfret residents).
- 7) The Arthritis Support Group has 10 members (for all seniors).
- 8) The Pomfret Food Pantry services about 30 people (Pomfret residents).

I would like to make the community aware of the many programs provided to the Seniors and to let you know that your Senior Center services 355 seniors in this town. About 100 of them receive duplicate services and/or not residents of the town of Pomfret but still participate in Senior Center services.

Next year, we should be bigger and better as we are receiving many phone calls daily for information and services. People continue to come to the Center to ask questions and to start coming to programs.

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.

"Thank you for your prayers and well wishes, they are working." Betty

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 July 9 7:00 P.M. The Tirebiter Band - Friday July 16 7:00 p.m. Black and White
Friday Aug. 6 7:00 p.m. Riverboat Ramblers - Friday Aug.13 7:00 p.m. Tongue&Groove
Movie in the Park on Saturday, July 31 8:30 p.m. To be announced.

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.

July 2010 Calendar for the Pomfret Times and newspapers.

ONGOING - Senior Center Billards 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

July 1, Dominoes Day and Quilting 12:30

July 2, Key Gym 10:00 a.m. and On-going

July 4, Happy and Safe Holiday

July 5, Center Closed
Key Gym 10:00 a.m.

July 6, Pomfret Senior Association Pizza Party
Food Pantry 11:30 –12:30

July 7, Computer/Internet 12:30

July 8, Bingo for Fun 1:30
Arthritis Support Group 10:30 – 11:30

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

July 12, Wii Bowling - Thompson
Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.

July 13, Food Pantry 11:30 – 12:30

July 14, Drawing Class 2:00 – 3:30
Brooklyn Historical Museum 1:00
Grange Meeting at the Senior Center 7:30

July 15, Dominoes Day
Quilting Class 12:30

- July 16, Key Gym 10:00 a.m.
- July 19, Wii Bowling Here 12:30
Key Gym 10:00 a.m.
Pomfret Food Pantry 5:30 – 6:30 pm.
- July 20, Pomfret Food Pantry 11:30 – 12:30
- July 21, Movie – The Secret Life of Bees 1:30
Whale Watch – Register by 7-6-10 \$33.00 call 974-0426
Grange Entertainment 6:30 Senior Center
- July 22, Bingo for Fun 1:30
- July 23, Key Gym 10:00 a.m.
Book Club at Abington Library –2:00
Bulky Waste Friday & Saturday 9-3:00
- July 26, Wii Bowling – Thompson
Food Pantry 5:30- 6:30
Key Gym 10:00 a.m.
Blood Pressure 1:00
- July 27, Food Pantry 11:30 – 12:30
- July 28, Drawing Class 2:00 – 3:30
Grange Entertainment 6:30 at the Senior Center
- July 29, Dominos Day
Quilting Class 12:30
- July 30, Key Gym 10:00 a.m.
On-going

PLEASE MAKE SURE THE FOLLOWING IS ON THE CALENDAR SOMEWHERE
(top or bottom area)
August 3 – Senior Association Meeting 12:00 Pomfret Food Pantry is open – See
calendar for dates. Coming soon in September – Another Delicious Pancake Breakfast
and Plant Swap.