

*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 March 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 Wednesday 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 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.

*NEW, NEW, NEW – We now have Hosmer Mountain soda for \$.50 per returnable bottle with a wide-range of “Old Fashioned” flavors. We now have **internet** connection with networking soon to come. You can learn how to use the internet, play games, apply for services and word process. We also have our own **pool table**. So come and play. **TRIPS** see the flyer for trips being offered through the Recreation Department. We now have some medical type equipment (walker, tub rails, etc.) which is used and looking for a home.*

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.

We will be having three weeks of basket-making classes on Tuesday –see the calendar. The class is \$5.00 if you want to keep the basket for yourself or free if you make the basket for the Craft Fair. This is a beginner class to use up some donated basket making supplies.

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 Movies this month will be a Special Series from National Geographic – Trials of Life – These are animal movies which should be educational and fun.

We will be starting the Wii Bowling League up again for 2010. You must let Betty know if you are planning to continue bowling or if you would like to join us. The League plays against Thompson on Alternating Mondays in Thompson and the other Mondays Thompson comes to our center. Our first game is scheduled for April 5. We have a great time getting to know new people and learning to bowl.

Did you pay your dues for the Pomfret Senior Association? \$5.00 per year. See Betty or Garry Brown.

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.

Brain Teaser: What is it that occurs once in a second, once in a month, once in a century, yet not at all in a year or week?

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.

Answer: The letter n.

March 11, Bingo for Fun 1:30
 Arthritis Support Group 10:00 – 12:00
 March 12, Key Gym 10:00 a.m.
 On-going

 March 15, Wii Bowling Practice
 Key Gym 10:00 a.m.
 Pomfret Food Pantry 5:30 – 6:30 pm.
 Dartball 8:00 p.m.

 March 16, Beginner’s Basket Class
 Food Pantry 11:30 – 12:30

 March 17, Movie – Courting & Living Together 1:30

 March 18, Dominoes Day

 March 19, Key Gym 10:00 a.m.
 On-going
 MS Support Group at DKH 7:00 p.m.

 March 22, Wii Bowling Practice
 Key Gym 10:00 a.m.
 Pomfret Food Pantry 5:30 – 6:30 pm.
 Dartball 8:00 p.m.
 Blood Pressure 1:00

 March 23, Beginner’s Basket Class
 Pomfret Food Pantry 11:30 – 12:30

 March 24, Movie – Homemaking & Finding Food 1:30
 Grange Entertainment 6:30 Senior Center

 March 25, Bingo for Fun 1:30

 March 26, Key Gym 10:00 a.m.
 Book Club 2:00 My Antonia by Willa Cather

 March 29, Wii Bowling Practice
 Key Gym 10:00 a.m.
 Pomfret Food Pantry 5:30 – 6:30 pm.
 Dartball 8:00 p.m.

 March 30, Beginner’s Basket Class
 Pomfret Food Pantry 11:30 – 12:30

March 31, Movie – Continuing the Line & Arriving 1:30

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

April 6 – Senior Association Meeting 12:00 Pomfret Food Pantry is open – See
calendar for dates. And Bake and Tag Sale on April 3, 2010 at the Senior Center from
9:00 – 12:00.