

Pomfret Senior Center

April 2017

Ongoing Programs

- Tai Chi on Tuesdays at 10:30
- Yoga with Anne on Thursdays at 10:30
- Bingo, Setback and Wii for your playing enjoyment and competitive spirit

207 Mashamoquet Rd. Pomfret Center



April Events/Activities

Tuesday, Apr 4th– 11:00- Activity Planning Meeting–

Help steer the activities at the center! Bring your ideas, and help us plan for the months ahead!

Wednesday, Apr 5th- 12:15– Movie- “San Andreas”

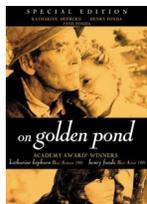
In the aftermath of a massive earthquake in California, a rescue-chopper pilot makes a dangerous journey with his ex-wife across the state in order to rescue his daughter.

Starring: Dwayne Johnson, Carla Gugino, Alexandra Daddario



Wednesday, Apr 19th– 10:30– Guided Meditation

Meditation serves to relax, focus and clear the mind. Join Barbara Marston, MDiv for a session of relaxation and focus using guided meditation and breathing techniques.



Wednesday, Apr 19th- 12:15– Movie- “On Golden Pond”

Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.

Thursday, Apr 20th– 10:00– Blood Pressure Clinic

The Pomfret Senior Center will be offering a free Blood Pressure Screening starting at 10:00am. Please stop by to have your blood pressure checked, catch up with some old friends, as well as make a few new ones.

Tuesday, Apr 25th– 12:30– Heirlooms

Do you have something special, unique or antique that is special to your family? If so bring it in to share, discuss and talk about. You never know what you will get to see, experience and learn about!





Enchantment Under the Sea- “Senior Prom”

Enjoy an afternoon of music featuring DJ “All Around Sound”
and light refreshments

April 20, 2017- 2-4pm

Hosted by Matualitis Nursing Home

Transportation is available

Pick up 1pm at Putnam DMV– Return time 4:30pm

Pick up 1:30pm Thompson Public Library– Return time 4:15pm

To register call Thompson Recreation at 860-923-9440.

This is a FREE event!

Pomfret Senior Center: New Activity Caning Classes

Is there an old chair sitting in your basement or barn with a broken seat? Afraid to throw it out, but unsure how to fix it? This new caning class will help you make these chairs look like new again and become a showpiece for your home.

Joe Doran, an expert caner and basket maker from Lisbon would like to begin offering caning classes at the Pomfret Senior Center beginning in May. During the month of March Joe visited the Pomfret Senior Center and showed off some beautiful chairs that had been caned at the Lisbon Senior Center. Joe has been interactive with the Lisbon Senior Center for several years teaching caning to people of all ages so that they may learn and experience this dying art, and learn the techniques to enjoy this relaxing enjoyable craft.

The Pomfret Senior Advisory Commission and TEEG, who manages the Pomfret Senior Center, would love for Joe to become an interactive part of our senior center, and share his passion and skills with individuals in our community. It is proposed that a caning course begin in May at the Pomfret Senior Center, taking place on a Monday or Tuesday morning, and open to all ages and all area towns. The requirements to participate in the course are that the participant bring their own chair and purchase their own caning materials. There will be a minimal additional cost for this activity, to compensate Joe for his travel expenses. This is a wonderful opportunity to learn a lost art, meet new people, and have a great time.

If you are interested please call Ann Hinchman at 860-928-3355, or Cathy Grant at 860-928-2744. Please inquire soon, so that we may get the course started.