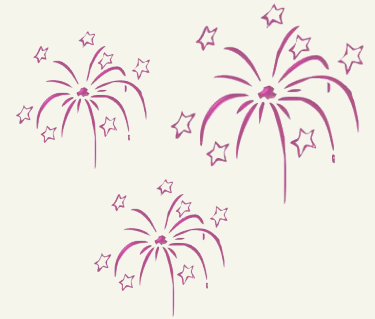




# Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT

July 2017



## July Events

### Wednesday, July 5<sup>th</sup> – 10:30 - Senior Center Activity Planning Meeting

Help steer the activities at the center! Bring your ideas and help plan the activities at the center in the coming months!



### Wednesday, July 5<sup>th</sup> – 12:15 – Movie- “Wild Hogs”

A group of suburban biker wannabes looking for adventure hit the open road, but get more than they bargained for when they encounter a New Mexico gang called the Del Fuegos.

Stars: Tim Allen, Martin Lawrence, John Travolta

### Ongoing Programs:

- Tai Chi Continues on Tuesdays at 10:30.
- Our Walking Club meets at 10:30 on Wednesdays, come stroll the Airline Trail!
- BINGO will be held the second and fourth Wednesday in July.

### Thursday, July 6<sup>th</sup>– Ice Cream Social

4<sup>th</sup> of July Ice Cream Social! Enjoy red, white and blue themed ice cream. Flavors are Strawberry, Vanilla, and Blueberry.



### Tuesday, July 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>- Chair Caning with Joe Doran

Join Joe Doran from the Lisbon Senior Center as he engages participants in caning chairs. If you are interested in joining please contact 860-923-3458 and ask to speak to Chelsea. Rolling enrollment available.



### Thursday, July 13<sup>th</sup>– 12:00- Blueberry Delights

Bring in your favorite blueberry dessert and recipe to share.

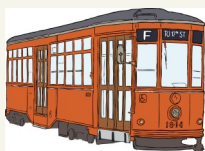
### Wednesday, July 19<sup>th</sup>– 12:15– Movie- “Passengers”

A spacecraft traveling to a distant colony planet and transporting thousands of people has a malfunction in its sleep chambers. As a result, two passengers are awakened 90 years early.

Stars: Jennifer Lawrence, Chris Pratt, Michael Sheen



### Thursday, July 20<sup>th</sup>– 9:00– Trip to the Trolley Museum– East Windsor



The Pomfret Senior Center is taking a trip! Van is leaving the Senior Center at 9:00am. Cost is \$9 per person. Lunch is on your own. Call the center and ask for Monique to register.

*Future Trips– August 24<sup>th</sup>– Whale Watching– Plymouth, MA. Additional information to follow.*

### Thursday, July 20<sup>th</sup> –10:30 – Blood Pressure Clinic

The Pomfret Senior Center will be offering free Blood Pressure Screening starting at 10:30am. Please stop by to have your blood pressure checked, catch up with some old friends as well as make a few new ones.



## Cocoa Peanut Butter Fudge

-John Carter

2 cups sugar

1/2 cup milk (whole)

2 heaping TBSPS cocoa

Boil 3 mins exactly. Stir in 1 cup peanut butter until totally mixed in.

If coffee flavor is wanted use 2 heaping TBSPS of instant coffee. If no coffee or cocoa powder is added you get peanut butter fudge.



The Pomfret Seniors helped bring attention to children's poverty by participating in Red Nose Day!

Thank you to the Killingly Lowe's for your generous donation of flowers for the Pomfret Senior Center!

And Thank you to Jeanette Sullivan for planting them!



Pomfret Senior Center

207 Mashamoquet Rd.

Pomfret Center, CT 06259

Phone: 860-928-7459

TEEG: 860-923-3458