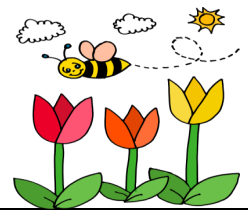

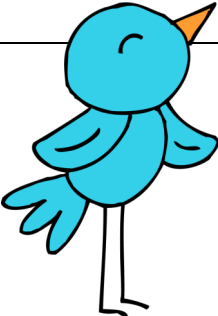


April 2018

Pomfret Senior Center



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 2 Birthdays: Jim K. Judy M. Karen R. Pat B. | 3 9:00-10:00- Tai Chi 9:00- Chair Caning with Joe Doran at TEEG office | 4 9:00-10:00- Chair Yoga w/Mary Anne 10:30- Walking Club 12:15- Movie- "True Grit" | 5 9:00-10:00- Qi Gong with Nick 10:00- Knitting & Crocheting with Nancy 12:00- Birthday Celebration | 6 |
| 9 | 10 9:00-10:00- Tai Chi 9:00- Chair Caning with Joe Doran at TEEG office | 11 9:00-10:00- Chair Yoga w/Mary Anne 10:30- Walking Club 12:30- Bingo | 12 10:00- Knitting & Crocheting with Nancy 12:30- Wii Golf/Bowling | 13 |
| 16 | 17 9:00-10:00- Tai Chi 9:00- Chair Caning with Joe Doran at TEEG office 12:30- Trivia with John | 18 9:00-10:00- Chair Yoga w/Mary Anne 10:30- Walking Club 12:15- Movie- "DunKirk" | 19 10:00- Knitting and Crocheting with Nancy 10:30- Blood Pressure Clinic 12:30- Gardening Discussion with Jim | 20  |
| 23  | 24 9:00-10:00- Tai Chi 9:00- Chair Caning with Joe Doran at TEEG office | 25 9:00-10:00- Chair Yoga w/ Mary Anne 10:30- Walking Club 12:30- Bingo | 26 10:00- Knitting and Crocheting with Nancy 4:00-5:00- Activity with FRESH | 27 |



Pomfret Senior Center
 207 Mashamoquet Rd.
 Pomfret Center, CT 06259

Phone: 860-928-7459
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 E-mail: jjmj@teegonline.org

*** Lunch is served at 11:30 daily**

*** Details on all programs and activities are available in the Newsletter**