



# December 2016 Pomfret Senior Center

207 Mashamoquet Rd., Pomfret Center, CT

## Thursday, Dec 1st-- 10:30 - Line Dancing with Chantale

This class is open to all levels of line dancing and is especially geared toward those with no experience. The session will begin at 10:30.

## Tuesday, Dec 6th-- 12:30- 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 Dec 7th - 12:15 - Birthday Celebration - Following Lunch

Sally J., Gunner J., and Betty J. have birthdays in December, do you? Come celebrate with us! Cake and a song will help us celebrate December birthdays! If you would like to add your birthday to the list, please see Jim Jutras.



## Thursday Dec 8th-- 10:30-- Northeast CT Transit District Presentation

Jen Watkins from the Northeast CT Transit District will be coming to the Senior Center to do a presentation on transportation services that the Transit offers to seniors, including cost and how to access this resource.



## Wednesday Dec 14th-- 11:30-- Christmas Potluck

Celebrate the holidays with us by bringing your favorite dish to share, potluck style!

## Wednesday Dec 14th-- 12:15-- Secret Santa



If you would like to participate in the Secret Santa gift exchange than please bring in a wrapped \$5 gift to share with other participants. This is for fun, and is not required.

## Wednesday Dec 14th-- 12:30-- Movie- "Uncle Buck"

Bachelor and all round slob, Buck, babysits his brother's rebellious teenage daughter and her cute younger brother and sister.



Stars: John Candy, Macaulay Culkin, Jean Louisa Kelly

## Wednesday Dec 21st-- 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.

## Thursday Dec 22nd-- 12:15-- Cookie Swap



Get ready for the Holidays by participating in the Senior Center Cookie Swap! Bring in your favorite cookies, brownies, or other package able treat to share! Each senior who bring s in goods, will be able to swap their treats with that of their fellow seniors, leaving for the afternoon with a variety of different goodies to enjoy!

## Tuesday Dec 27th-- 1:00-- Scotland Presentation with Anne

Join Anne as she takes us on a trip to Scotland. Through pictures we will explore the Oakney Islands and the Isle of Skye.

## Wednesday, Dec 28th-- Movie "Christmas in CT"

A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.



Stars: Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet

**If you are interested in donating toys, gift cards, or toiletries to TEEG's Holiday Giving program, please bring in all donations to the Senior Center by December 15th.**

### Ongoing Programs:

- Tai Chi Continues on Tuesdays at 10:30.
- Yoga will be @ 1:00 on Thursday afternoons
- BINGO, SETBACK & CRIBBAGE for your playing enjoyment and competitive spirit



## Senior Center Trips and Adventures: CT Science Center 11/10, and Ellis Island/Statue of Liberty 7/14



On November 10, the Pomfret Seniors visited the Connecticut Science Museum.

There they saw Leonardo da Vinci: Machines in Motion and a 3-D movie "Wild



On July 14th, Pomfret Seniors were invited to join Ashford Seniors for a trip to Ellis Island and the Statue of Liberty.



It was great to learn about our early emigrant's in the U.S. The trip made us see the wonders of America.



Programming at the Pomfret Senior Center is funded in part by Senior Resources with Title III Funds through the Older Americans Act

Pomfret Senior Center

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