



# Pomfret Senior Center March 2018

207 Mashamoquet Rd. Pomfret Center, CT



## Ongoing Programs

## Senior Center Hours

- Tai Chi on Tuesdays at 9:00
- Walking Club at 10:30 on Wednesdays
- Bingo, Setback and Wii for your playing enjoyment and competitive spirit

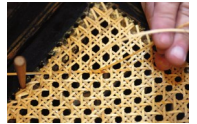
Beginning March 6th the Pomfret Senior Center will have new hours. Tai Chi, Chair Yoga, and other weekly activities will run at the center from 9:00-10:00am. During this time the Center will be closed, except to those who are participating in the activity. The Center will open for regular activities at 10:00am. We kindly ask that if you are not participating in a scheduled 9:00am activity that you please wait till 10:00am till arrive. Thank you.



## March Events/Activities



**Tuesdays, Mar 6th, 13th, 20th, 27th– 9:00-11:30– Chair Caning Discussion with Joe Doran at TEEG Office**  
Join Joe Doran from the Lisbon Senior Center as he engages participants in caning chairs. Rolling enrollment available



**Wednesdays, Mar 7th, 14th, 21st, 28th– 9:00-10:00– Chair Yoga with Maryanne**

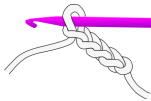
Join us for a brand new offering at the Senior Center– Chair Yoga. Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. ... While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Try the first class on March 7th for free, there will be a suggested donation for subsequent classes.



**Wednesday, Mar 7th– 12:15– Movie- “I Am Sam”**

A mentally handicapped man fights for custody of his 7-year-old daughter, and in the process teaches his cold hearted lawyer the value of love and family.

Stars: Sean Penn, Michelle Pfeiffer, Dakota Fanning



**Thursday, Mar 1st, 8th, 15th, 22nd, 29th– Crocheting with Nancy**

Are you interested in learning how to crochet? Maybe you would like to make a nice blanket, or hat for someone you love. Then come learn the basics of how to crochet with Nancy. Please bring your own crochet hooks if you have them. Hooks will be available if needed.

**Wednesday, Mar 14th– St. Patrick’s Day Lunch**

TVCCA will be having its special meal at the Senior Center– Corned Beef and Cabbage. Sign up dead line for this meal is Thursday, March 8th at 12:00pm.

**Wednesday, Mar 21st– Spring Pot Luck**

Help us welcome spring with a delicious pot luck lunch! Sign up at the center to bring and share your favorite spring dish!



**Wednesday, Mar 21st– Presentation on Vision Impairment with Heidi Ross**

Join Heidi Ross as she does a presentation where she shares tips on daily living skills for people having vision issues.



**Thursday, Mar 22nd– Movie- “Hitman’s Bodyguard”**

The world's top bodyguard gets a new client, a hit man who must testify at the International Criminal Court. They must put their differences aside and work together to make it to the trial on time.

Stars: Ryan Reynolds, Samuel L. Jackson, Gary Oldman



## **POMFRET SENIOR CENTER** **CORNED BEEF DINNER**



**When: Friday, March 16<sup>TH</sup>, 2018 at 5:00 P.M.**

**Where: Seely-Brown Village Dining Room**

**Cost: \$10.00 Per Person**

(Limit of 50 people)

**Appetizer: Cream of Broccoli Soup**

**Dinner: Irish Soda Bread, Corned Beef, Cabbage,  
Potatoes, Carrot/Turnip**

**Dessert: Pineapple Whip**

Sign-up by calling Cathy at 860-928-2744 Monday-Friday between 8am & 4pm  
or email [seely.brown@snet.net](mailto:seely.brown@snet.net)

Payment will be collected at the door. Checks are payable to Pomfret Senior Center

### **Chair Caning and Basket Weaving with Joe Doran**

The Pomfret Senior Center is offering basket making to its Tuesday morning lineup for 2018. Led by professional woodworker Joe Doran, the basket making course will educate participants in the art of simple basket making and will expand those techniques into more complicated works as the classes' progress.

The new activity will compliment and include the current chair caning classes already held at the Pomfret Senior Center every Tuesday, also under the tutelage of Joe Doran. The caning courses have proven to be a great success at the center with participants learning the art of adding rattan cane and rattan peel to antique chairs to add to their historic beauty. The caners and basket makers will work together learning their crafts together while perfecting their skills on their own individual projects.

The classes carry a \$2.00 cover charge per class.

Those interested should contact Ann Hinchman at [annahinchman@gmail.com](mailto:annahinchman@gmail.com) or 860-928-3355 for more information.

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