

Pomfret Senior Center
C/O Pomfret Town Hall
5 Haven Road
Pomfret Center, CT 06259
Phone: 860-928-7459
TEEG: 860-923-3458



Senior Center
April 2024
Newsletter & Calendar

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Pomfret Center, CT 06259
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TEEG: 860-923-3458

E Mails: seniorcenter@teegonline.org
laurab@teegonline.org

Websites: <https://TEEGonline.org>
<https://www.pomfretct.gov/pomfret-community-center>

Welcome!

Calling all Northeast Corner CT folks over 50!

Join our community of kindred spirits, where age is nothing but a number.

No income requirements or membership fees here, just an abundance of opportunities to learn, socialize, and connect with your neighbors.

Discover new hobbies, take classes, and tap into a wealth of resources at your fingertips. Come and make meaningful connections that will last a lifetime.

Laura's Fun Facts About April

April is a month of celebrations and special days

- National Garden Month
- Keep America Beautiful Month
- Stress Awareness Month
- National Volunteer Month
- National Poetry Month
- National Humor Month

There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.

Some historians believe April Fools' Day has its origins in the 16th century, when France switched from the Julian calendar to the Gregorian calendar. The Julian calendar began in March, with the spring equinox and was celebrated until April 1st. The Gregorian began the new year on Jan. 1st. News traveled slowly back then. Those who continued to celebrate in the spring were often ridiculed and made the butt of jokes.

On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've had a problem here" was said, and is today usually misquoted.

On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year.

For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.

The first battle of the Revolutionary War, Lexington, and Concord, broke out on April 19, 1775.

George Washington was inaugurated as the First President of the United States on April 30, 1789.

TEEG RESOURCES AVAILABLE TO SENIORS

- **Market & Nutrition Assistance:** There are three available locations Pomfret, Thompson, and Woodstock
 - **CT Energy Assistance Program:** Helps families with heating
 - **Operation Fuel:** Helps families with electric and gas
 - **SNAP:** (Supplement Food Assistance Program)
 - **Medicare:** (CHOICES counseling); **Medicaid**
 - **Homeowner and Rental Rebate**
 - **CSFP:** (Commodity Supplemental Food Program) offers additional assistance with food
 - **Senior Care Program:** Offers Seniors assistance with senior related items such as incontinence pads and underwear, heating elements, vitamins, etc.
 - **St. Joseph Clothing Vouchers:** TEEG's partnership with St. Joseph's Thrift Store allows residents of Thompson, Woodstock and Pomfret to receive vouchers each month to redeem at the thrift store.
 - **Transit Passes:** Public transportation offered through Northeastern CT Transit District. Passes available for fixed route service.
 - **Holiday Programs:** TEEG offers groceries for a full Holiday meal for Thanksgiving and Christmas. Applications are available in early October.
- For additional information on any of the above, please contact the TEEG office at 860-923-3458:**
- **Cathy Smith**, Senior Center Coordinator for Market information and appointments, CSFP, Senior Care Program, and any Senior Center related questions.
 - **Therese Horvath**, Client Care Manager & Municipal agent of the elderly for remainder of the resources.

PSC Resources Available to Seniors

(If you don't see it, just ask us!)

- * *The Senior Center serves as a comprehensive resource hub catering to a range of needs. One can explore the lower level to discover the Resource Center, a one-stop-shop for a wealth of information ranging from TEEG Programs to Senior Resources, CHOICES Counseling, Senior Home Care, and more.*
- * *For seniors in need of medical equipment such as wheelchairs, walkers, and other products, we offer a lending center. Please contact us at seniorcenter@teegonline.org for more information.*
- * *If you're a member of the Pomfret Senior Center, you can borrow a computer through our lending library.*
- * *For further details, kindly reach out to Cathy Smith.*

Finally, be sure to visit our Lending Room for a range of entertainment options such as books, videos, puzzles, and games.

What's Happening This Month

Mobile Market @ Woodstock Town Hall

Tuesday, April 23rd - 1:30pm-2:30pm

COMMUNITY ARTS COLLABORATIVE

We'll be combining our stories, poems, photographs, artwork, even recipes and ideas, to create and publish a book together. Bring your latest creations or ones that have been tucked away for years. We can also use the time to get inspired and work on our next pieces.

JUST FOR FUN WITH MIRIAM

Join our volunteer, Miriam, as she takes us on journeys through different countries, helps with our competitiveness through gameplay, or brings out creativity through crafting.

APRIL MOVIE

We will be watching Oscar winner "Oppenheimer" on April 9th. Since it is a 3hr movie, and there is no yoga that day, we will start at 10:30am, take a break at 11:30am for lunch, then resume afterwards for the remaining time.

Programs at the Senior Center

(Additional activities available as well, please review the monthly calendar)

Physical Programs

Chair Yoga: Directed by Bonny Woodward, offered on Tuesdays 10:30-11:30am

Traditional Yoga: Directed by Bonny Woodward, offered on Wednesdays 10:30-11:30am

Walking Club: starts at the Senior Center, offered on Wednesdays 9:30am

Recreational Programs

Chair Caning and Basket Weaving: Directed by Joe Doran, offered on Thursdays, 9:30-11:30am.

***Inkling:** Directed by Bonnie Doran, 9:30-11:30, 1st and 3rd Thursdays.

***Craft Class:** Offered Tuesday afternoons

***Show and Tell:** Offered once a month. Bring your special item and tell us about it.

***Trivia:** Offered once a month on a Thursday.

***Bingo:** Offered once a month on a Thursday.

Knitting Club: Directed by Nancy Nystrom, offered every Wednesday .

Game Day: Enjoy the time playing cards, Mexican Dominoes , Five Crowns or any other game that's available.

***Movie Day:** The Silver Screen Theater at the PSC shows a movie once a month.

Chair Massage: By Massage Therapist: Shawn Sheridan, offered the 2nd and 4th Wednesday of each month, 1:00-2:00pm.

Community Arts Collaborative: Offered the 2nd Thurs and 4th Tues. Combining our stories, poems, photographs, artwork, even recipes and ideas, to create and publish a book together.

* Check calendar
for specifics

Education Programs

Tech Support: Assistance on the computer, photocopying, shredding, cell phones, etc. Call Laura Bembenek for an appointment: 860-923-3458.

***Computer Lab:** Need access to a computer or printer? Check our calendar for available days and times.

***Better Life:** Support & guidance for seniors as they mature and begin to face changes in life in areas such as stress management, finances, health & wellness, healthy eating habits, & organizational skills. Check the calendar.



IMPORTANT NUMBERS

SERVICE	NUMBER
Access Agency Willimantic	860-450-7400
Eastern Transport Consortium	860-859-5792
Energy Assistance	860-923-3458
Info Line	211
Meals on Wheels	800-560-5015
Medicare Choices Counselor Therese Horvath	860-923-3458
Northeast CT Transit Dist	860-774-3902
Pomfret Town Hall	860-974-0191
QC Transport	959-444-3902
Senior Center Coordinator Cathy Smith	860-923-3458 seniorcenter@teegonline.org
Senior Center Activities Laura Bembenek	860-928-7459 laurab@teegonline.org
Social Security	877-405-0488
United Services	860-774-2020
Veterans Affairs	Pomfret-Garry Brown 860-928-7459 Woodstock-Rob Mancini 860-928-6595 Thompson-Rob LeBeau 860-923-9562

IMPORTANT

TVCCA SENIOR CAFE MENU- April

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay

<p>2 American Chop Suey Diced Carrots Waxed Beans Fresh Orange</p>	<p>3 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Sweet Treat Grape Juice</p>	<p>4 Stuffed Chicken w/ Broccoli & Cheese Rice Pilaf Snap Peas Tropical Fruit Cup</p> 
<p>9 Creamy Chicken Dijon Garlic Mashed Potatoes Squash Mix w/ Carrots & String Beans</p>	<p>10 Meatballs Marinara Penne Pasta Green & Waxed Beans Mixed Fruit Cup</p>	<p>11 Western Omelet Sweet Potato Tater Tots Zucchini, Peas, & Carrots Diced Pears</p>
<p>16 Country Style Chicken Buttermilk Mashed Potatoes Peas & Pearl Onions Sweet Treat Orange Juice</p>	<p>17 BBQ Pulled Pork w/ Bun Baked Beans Green & Yellow Squash Diced Peaches</p>	<p>18 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Pineapple Tidbits</p>
<p>23 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>24 Salisbury Steak w/gravy Mashed Potatoes Broccoli Fresh Fruit</p>	<p>25 Stuffed Chicken Cordon Bleu Roasted Garlic Rice Green & Waxed Beans Sweet Treat Orange Juice</p>
<p>30 Beef Stroganoff Gemelli Pasta Green & Yellow Squash Applesauce Cup</p> 	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p>FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumptions of meals.</p>

Please make your lunch reservation a week in advance

TEEG

Community * Faith * Business

TEEG Senior Service Program is sponsored in part by Senior Resources Agency on Aging with Title III Funds made through the Older Americans Act.

TEEG Community Markets

TEEG now has three community markets available for your convenience. In order to offer better, healthier choices for the community, we have implemented the SWAP program (Supporting Wellness at Pantries). Through this program, TEEG is able to offer more fresh and frozen produce, as well as canned products, that are lower in saturated fats, sodium, and sugar.

The Markets are available to ALL in the community. If you would like more information or sign up, please contact TEEG at 860-923-3458.

Pomfret Community Market: (Appointments Required)

First, Second, Third, and Fifth Tuesdays and every Thursday

* Tuesdays 1:00-4:00pm * Thursdays 1:00-3:00pm

TEEG Community Market: (Appointments Required)

* Mondays 3:00-5:00pm * Wednesdays 1:00-3:00pm

* Fridays 10:00-12:00pm

Woodstock Mobile Market: at the Woodstock Town Hall
(NO APPOINTMENT REQUIRED, be sure to check calendar)

Fourth Tuesday of the month: 1:30-2:30pm

***Seniors 60+ may also qualify for a monthly commodity supplemental box of food. For more information, contact*

*860-923-3458, Cathy Smith***

**** Pomfret Senior Center April Calendar ****

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
2			3			4		
10:00-11:30	Coffee Time	Senior Care	9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning & Weaving
10:00-2:00	Game Day		10:00-11:30					
10:30-11:30	Computer Lab	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		Inking start 9:30
11:45-12:15	Lunch		11:45-12:15	Lunch		11:45-12:45	Lunch w/ special	
12:00-2:00	Generations Resource	1-4 pm Market	1:00-2:00	Kat & Atticus Read Aloud!		1:00-2:00	Birthday Celebration/ Trivia	1-3 pm Market
9			10			11		
10:00-11:30	Coffee Time	CSFP Dist	9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning & Weaving
10:00-2:00	Game Day	NO YOGA	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Tech Support	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:30	Lunch w/special	
12:45-2:00	10:30-2:00 MOVIE	1-4 pm Market	12:30-2:00	Chair Massage / Show and Tell		12:45-2:00	Comm. Arts Collab	1-3 pm Market
16			17			18		
10:00-11:30	Coffee Time		9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning & Weaving
10:30-11:30	Game Day	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:30-11:30	Blood Pressure Clinic	Inkling start 9:30
11:45-12:15	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:45-2:00	Craft	1-4 pm Market	12:30-2:00	Puzzles		12:30-2:00	"Travel" with Miriam	1-3 pm Market
23			24			25		
10:00-11:30	Coffee Time		9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning & Weaving
10:30-11:30	Game Day	Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:45-2:00	Comm. Arts Collab	NO MARKET	1:00-2:00	Chair Massage		12:45-2:00	Bingo	1-3 pm Market
30			May 1			May 2		
10:00-11:30	Coffee Time		9:30-10:30	Coffee Time	Walking Club	9:30-11:30	Coffee Time	Caning & Weaving
10:30-11:30	Game Day	NO YOGA	10:30-11:30	Knitting Club	NO YOGA	10:00-11:30		Inking start 9:30
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:15	Lunch w/special	
12:00-2:00	Just for Fun w/Miriam	1-4 pm Market	1:00-2:00	Kat & Atticus Read Aloud!		12:30-2:00	Birthday Celebration/ Trivia	1-3 pm Market