
TEEG Resources

- **Market & Nutrition Assistance:** There are 3 available locations: Pomfret & Thompson (by appointment) and Woodstock
- **CT Energy Assistance Program (CEAP):** Helps households with heating
- **Generation Power CT (formerly Operation Fuel):** Helps households with electric and deliverable fuel
- **SNAP (Supplemental Food Assistance Program)**
- **Medicare:** CHOICES counseling
- **Homeowner and Rental Rebate:** done through town halls
- **CSFP (Commodity Supplemental Food Program):** offers additional assistance with food to adults over 60 years old
- **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 Northeast 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 please contact a member of the Client Care Team at
TEEG 860-923-3458

-**Therese H.**, Client Care Manager, CHOICES Counselor & Municipal Agent of the Elderly

-**Gillian N.**, Client Care Coordinator

-**Laura B.**, Client Care Coordinator & CHOICES Counselor (can also be reached at 959-232-9490, through call or text

IMPORTANT PHONE NUMBERS

SERVICE	NUMBER
Access Agency Willimantic Access Agency Danielson	860-450-7400 860-412-1600
Eastern Transport Consortium	860-859-5792
Energy Assistance@TEEG	860-923-3458
Info Line	211
Meals on Wheels	800-560-5015
Northeast CT Transit Dist	860-774-3902
Pomfret Town Hall	860-974-0191
QC Transport	959-444-3287
Social Security	877-405-0488
United Services	860-774-2020
Veterans Affairs	Pomfret - Garry Brown 860-928-7459 Thompson-Rene J. Morin 860-923-9562 Woodstock - Rob Mancini 860-928-6595

MAY 2026

Pomfret Senior Center Newsletter

**207 Mashamoquet Road
Pomfret Center, CT 06259
Senior Center: 860-928-7459
TEEG: 860-923-3458
E Mails: seniorcenter@teegonline.org
laurab@teegonline.org**

Website:
<https://www.pomfretct.gov/pomfret-community-center>

Attention all residents of Northeast Corner CT aged 55 and over!

Join our vibrant community of like-minded individuals, where age is merely a number. There are no income restrictions or membership fees—just a wealth of opportunities to learn, socialize, and engage with your neighbors. Explore new hobbies, participate in classes, and access a treasure trove of resources right at your fingertips.

Come and forge meaningful connections that will endure for a lifetime.

TEEG Markets

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

Pomfret Community Market:
(Appointments Required)

Tuesdays and Thursdays — check calendar for dates

* Tuesdays 2:00-4:00pm * Thursdays 2:00-4:00pm

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, but be sure to check the calendar)

* Usually fourth Tuesday of the month, but subject to change: * 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****

Programs at PSC

Physical Programs

- Pound Class: Taught by Christine Lamothe, offered on Tuesday mornings, 9:30am; upstairs
- Chair Yoga: Directed by Bonny Woodward, offered on Tuesdays, 10:30am; downstairs
- Traditional Yoga: Directed by Bonny Woodward, offered on Wednesdays, 10:30am; downstairs

Recreational Programs

- Chair Massage: By Massage Therapist Shawn Sheridan, offered twice a month on Wednesday, 1:00-2:00pm. See calendar for dates.
- Knitting Club: offered every Wednesday.
- Chair Caning and Basket Weaving: Directed by Joe Doran, offered every Thursday, 9:30-11:30am.
- Working with Looms: Directed by Bonnie Doran. 1st and 3rd Thursdays, 9:30-11:30am.
- Diamond Art: Offered every Thursday morning at 9:30am.
- Bingo: Offered once a month on a Thursday. See calendar.
- Community Arts Collaborative: Offered the 1st and 3rd Tuesdays. Combining our stories, poems, photographs, artwork, and ideas to create and publish books together.
- Game Day: Enjoy the time playing cards, Mexican Dominoes, Five Crowns or any game that's available.
- Movie Day: The Silver Screen Theater at the PSC will show a movie

Educational Programs

Tech Support: Assistance on the computer, photocopying, cell phones, etc.
Call/email Laura Bembenek for an appointment: 860-923-3458/
seniorcenter@teegonline.org

Presentations through Senior Resources on Aging, Day Kimball Hospital Healthcare, and a variety of other resources.

WHAT'S HAPPENING THIS MONTH

Mobile Market @ Woodstock Town Hall

No appointment necessary

Tuesday, May 26th

1:30pm-2:30pm

****Pomfret Community Market ****

By appointment only

Tuesdays 2pm-4pm

Thursdays 2pm-4pm

May 7th – GLAMOUR SHOTS

Treat yourself to a fun, fancy photoshoot

May 13th – Spa Day at Ellis Tech.

\$10 per service.

Registration required.

May 19th - CLOSING AT 12:15pm for required staff training

May 21st - The Art of Collage w/Lisa

Collage is about more than gluing random things together. With some thought and planning we can create beautiful mixed media works of art. We might use a little paint, pastels, and other materials to create our collage.

May 26th movie:

Remarkably Bright Creatures

A widow (Sally Field) who works at a local aquarium finds joy again when she forms an unlikely bond with a giant Pacific octopus and a wayward young man who comes to town in search of family. Together, they uncover a mystery that will lead them to a life-changing discovery and restore their sense of wonder. Based on the bestselling book.

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.

TVCCA SENIOR CAFE MENU

May 2026

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 D'Amato, MPH, RD/LDN, MPH.

1% milk and whole grain bread are served with each meal.
Menu is subject to change without notice.

TUESDAY	WEDNESDAY	THURSDAY
<p>**Please make your lunch reservations a week in advance**</p>		
<p>5 Whole Grain Fish Sticks Tater Tots Squash Mix w Carrots & String Beans Fresh Orange</p>	<p>6 Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Applesauce Cup</p>	<p>7 Cheese Omelet Sweet Potato Tater Tots Peas & Pearl Onions Mixed Fruit Cup</p> 
<p>12 <u><i>Ethnic Celebration</i></u> Chicken Taco w/ tortilla & cheddar cheese Spanish Rice Corn w Peppers & Onions Sweet Treat Apple Juice</p>	<p>13 American Chop Suey Carrot Coins Green & Waxed Beans Tropical Fruit Cup</p> 	<p>14 Stuffed Chicken Kiev Gemelli Pasta Broccoli Diced Peaches</p>
<p>19 Hungarian Goulash Penne Pasta w/ Herbs Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>20 Crispy Cod Macaroni & Cheese Peas & Pearl Onions Fresh Orange</p>	<p>21 Jambalaya (with non-spicy sausage) Biscuit Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>
<p>26 Chicken Curry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p> 	<p>27 Stuffed Shells w/ marinara Glazed Carrots Green & Yellow Squash Sweet Treat Grape Juice</p>	<p>28 Apple Cranberry Glazed Ham Sweet Potatoes Green Beans Diced Pears</p>

TUESDAY			WEDNESDAY			THURSDAY		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
MAY 5			6			7		
9:30-10:15am	POUND CLASS		9:30-10:15am			9:30-10:15am	No chair caning/loom	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	coffee	FLOOR YOGA	10:30-11:30am	GLAMOUR SHOTS	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
12:45-2pm	Community Arts Collaborative	2-4pm Market	12:30-1:30pm	Read w/Kat & At		12:45-2pm	GLAMOUR SHOTS	2-4pm Market
12			13			14		
9:30-10:15am	POUND CLASS		8:45am	Ellis Tech Salon		9:30-10:15am	Chair caning	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	coffee	FLOOR YOGA	10:30-11:30am	coffee	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
12:30-2pm	Eversource Presentation	2-4pm Market	1-2pm	Pomfret Public Library Visits	Chair Massage throughout the day, upstairs	12:45-2pm	Games	2-4pm Market
19			20			21		
9:30-10:15am	POUND CLASS		9:30-10:15am			9:30-10:30am	Collages w/Lisa	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	Knitting/Button Collage	FLOOR YOGA	9:30-11:30am	No chair caning/loom	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
	CLOSING AT 12:15pm	NO MARKET	12:45-2pm	Finish button collage		12:45-2pm	Community Arts Collaborative	2-4pm Market
26			27			28		
9:30-10:15am	POUND CLASS		9:30-10:15am			9:30-10:15am	Chair caning	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	coffee	FLOOR YOGA	10:30-11:30am	coffee	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
12:45-2pm	Craft w/Mal	MOBILE MARKET	12:15-2pm	Movie: Remarkably Bright Creatures	Chair Massage throughout the day, upstairs	12:45-2pm	BINGO	2-4pm Market
JUNE 2			3			4		
9:30-10:15am	POUND CLASS		9:30-10:15am			9:30-10:15am	Chair caning/small loom braiding	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	coffee	FLOOR YOGA	10:30-11:30am	coffee	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
12:45-2pm	Community Arts Collaborative	2-4pm Market	12:45-2pm	Read w/Kat & At		12:45-2pm	Show and Tell	2-4pm Market