
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

APRIL 20 26

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>

WELCOME INFO

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 other game that's available.

Movie Day: The Silver Screen Theater at the PSC will show a movie

Show and Tell: Bring your special item and tell us about it.

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

Computer Lab: Need access to a computer or printer? Let Laura know.

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

WHAT'S HAPPENING THIS MONTH

Mobile Market @ Woodstock Town Hall

No appointment necessary

Tuesday, April 21st

1:30pm-2:30pm

**Pomfret Community Market **

By appointment only

Tuesdays 2pm-4pm

Thursdays 2pm-4pm

April 1st, 15th 29th

Mind Over Matter Workshop

1pm-3pm

(LOCATED DOWNSTAIRS)

This workshop is designed to give women, ages 50 and older, tools they need to take control of their bladder and bowel symptoms.

April 14th 12:45pm

DKH will have a Fall Prevention Presentation

April 16th 9:30 am

Drawing with Lisa from TEEG

Drawing Introduction

We will be using different drawing mediums to work on a floral still life.

April 23rd - CLOSING AT 12:15pm for required staff training

April 29th 12:15pm Movie

The Family Plan

When his past catches up to his present, an assassin-turned-suburban dad embarks on a family road trip unlike any other.

TVCCA SENIOR CAFE MENU April

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

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.

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

TUESDAY	WEDNESDAY	THURSDAY
<p>**Please make your lunch reservations a week in advance**</p>	<p>1 Salisbury Steak w/ gravy Garlic Mashed Potatoes Green & Yellow Squash Diced Pears</p>	<p>2 Stuffed Chicken Kiev Tater Tots Broccoli Fresh Fruit</p>
<p>7 Hungarian Goulash Penne Pasta w/ Herbs Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>8 Cheese Omelet Home Fries Peas & Pearl Onions Applesauce Cup</p>	<p>9 Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Mandarin Oranges</p>
<p>14 <u>Birthday Celebration</u> Stuffed Chicken w/ Broccoli and Cheese Roasted Garlic Rice Snap Peas Birthday Treat Grape Juice</p>	<p>15 Vegetarian Lasagna Green Beans Diced Carrots Tropical Fruit Cup</p>	<p>16 Country Style Chicken Buttermilk Mashed Potatoes Mixed Vegetables Medley Applesauce Cup</p>
<p>21 Stuffed Shells w/ Marinara Green & Yellow Squash Glazed Carrots Diced Peaches</p>	<p>22 Crispy Cod w/ Bun Herb Roasted Potatoes Broccoli Fresh Fruit</p>	<p>23 American Chop Suey Carrot Coins Peas Tropical Fruit Cup</p>
<p>28 Baked Cod w/ Garlic Lemon Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots and String Beans Fresh Orange</p>	<p>29 Chicken Curry Steamed Rice Asian Vegetable Blend Sweet Treat Grape Juice</p>	<p>30 Western Omelet Sweet Potato Tater Tots Cauliflower, Carrots, and Snap Peas Pineapple Tidbits</p>



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TUESDAY

WEDNESDAY

THURSDAY

Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
March 31st			1			2		
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	Air-dry clay	NO MARKET	12:45-2pm	Read w/Kat & Atticus	Mind Over Matter Workshop 1-3pm (downstairs)	12:45-2pm	Show and Tell	NO MARKET
7			8			9		
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	Community Arts Collaborative	2-4pm Market	12:45-2pm	Pomfret Public Library Visits		12:45-2pm	Brain Health w/Maia	2-4pm Market
14			15			16		
9:30-10:15am	POUND CLASS		9:30-10:15am			9:30-10:30am	Drawing w/Lisa	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	Knitting/Sewing aprons	FLOOR YOGA	9:30-11:30am	Chair caning/small loom braiding	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
12:45-2pm	DKH Falls Presentation	NO MARKET	12:45-2pm	Finish up sewing aprons	Mind Over Matter Workshop 1-3pm (downstairs)	12:45-2pm	Haiku Workshop w/Jenna	2-4pm Market
21			22			23		
9:30-10:15am	POUND CLASS		9:30-10:15am			9:30-10:15am	No 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	Community Arts Collaborative	Falls Clinic (sign up at Fall Presentation) Downstairs	12:45-2pm	Planting		12:45-2pm	CLOSING AT 12:15pm	NO MARKET
28			29			30		
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	2-4pm Market	12:45-2pm	Movie: The Family Plan	Mind Over Matter Workshop 1-3pm (downstairs)	12:45-2pm	BINGO	2-4pm Market