
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

-**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

JUNE 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, June 23rd

1:30pm-2:30pm

**Pomfret Community Market **

By appointment only

Tuesdays 2pm-4pm

Thursdays 2pm-4pm

June 9th, 9:30am – We Lik-It Ice cream trip. BYO (Buy Your Own)

June 17th – BEACH DAY
Hammonasset Beach State Park. Meet at senior center at 8:30am. Bring your own lunch

June 18th, 9:30am - Painting w/Lisa
We'll be meeting at Roseland Cottage for some painting and croquet

June 30th – Empty Bowls painting. We'll be painting bowls to be used at TEEG's September Fundraiser

Pound class is being renamed to "Chair Drumming" for the summer.

TUESDAY			WEDNESDAY			THURSDAY		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
JUNE 2			3			4		
9:30-10:15am	CHAIR DRUMMING		9:30-10:15am			9:30-10:15am	Chair caning/loom	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	coffee	FLOOR YOGA	10:30-11:30am		
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	Birthday Celebration	2-4pm Market
9			10			11		
9:30-10:15am	CHAIR DRUMMING		9:30-10:15am			9:30-11:30am	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/Salad Social		11:45-12:15pm	LUNCH	
1-2pm	Trip to We-Lik-It BYO (Buy your own)	NO MARKET	1-2pm	Pomfret Public Library Visits	Chair Massage throughout the day, upstairs	12:45-2pm		2-4pm Market
16			17			18		
9:30-10:15am	CHAIR DRUMMING		8:30am	Beach Day		9:30-10:30am		Painting w/Lisa
10:30-11:30am	coffee	CHAIR YOGA		Hammonasset Beach	FLOOR YOGA	9:30-11:30am	Chair caning/loom	ROSELAND COTTAGE
11:45-12:15pm	LUNCH					11:45-12:15pm	LUNCH	
12:45-2pm	Community Arts Collaborative	2-4pm Market				12:45-2pm	Games	2-4pm Market
23			24			25		
9:30-10:15am	CHAIR DRUMMING		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: Harry Potter and the Sorcerer's Stone	Chair Massage throughout the day, upstairs	12:45-2pm	BINGO	2-4pm Market
30			JULY 1			2		
9:30-10:15am	CHAIR DRUMMING		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/Baked Potato Bar	
12:30-2pm	EMPTY BOWLS painting	NO MARKET	12:30-1:30pm	Read w/Kat & At				2-4pm Market