
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

SEPTEMBER 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>

September is National Senior Center Month

Today's senior centers are connecting older adults with meaningful work, volunteer opportunities and increasing their access to valuable benefits and resources. Through evidence-based programs, older adults are managing their health and finances, so they can continue to live independently in their own homes as long as possible. And they are doing this in a highly social setting. Senior centers power connections, and they are evolving to reflect a new view of aging that empowers the people they serve.

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 2pm-4pm*Thursdays 2pm-4pm

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 Wednesdays. 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.
- 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 once a month

Educational Programs

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

Tech Support: Assistance on the computer, cell phones, etc.

Call/email Laura Bembenek for an appointment: 860-923-3458/ seniorcenter@teegonline.org

WHAT'S HAPPENING

Mobile Market @ Woodstock Town Hall
No appointment necessary
Tuesday, September 22nd
1:30pm-2:30pm

****Pomfret Community Market ****
By appointment only
Tuesdays 2pm-4pm
Thursdays 2pm-4pm

Sept 8th Due to staffing, need to close at 1pm

Sept 10th and 24th
Watercolors with Kelly

Sept 16th
Sewing w/Sharryn: microwave potato bags

Sept 17th
We'll be meeting at Roseland Cottage (Pink House in Woodstock) for croquet and lunch. Flower arranging. **Bring own vase.** Senior Center will be open for chair caning and inkling loom

Sept 22nd Vaccination Clinic
12:30pm-2:30pm

Sept 24th
Parkinson's: Discussion of Non-Motor Symptoms
Featured Speaker: Jackie Rivera

Sept 29th
Presentation on CT author Carol Ruggiero
<https://www.carolruggiero.com/>

Sept 30th
Van trip to Harkness State Park
Bring Your Own Lunch/Drinks/Chair

TUESDAY			WEDNESDAY			THURSDAY		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
September 1			2			3		
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/Knitting Club	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	Community Arts Collaborative	2-4pm Market	12:30-1:30pm	Read w/Kat & At			Birthday celebration/ Show and tell	2-4pm Market
8			9			10		
9:30-10:15am	POUND CLASS		10am-1pm	Chair Massage throughout the day		9:30-11:30am	NO Chair Caning	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	Coffee/Knitting Club	FLOOR YOGA	10-11am	Coffee/Watercolors w/Kelly	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
1pm	Close at 1pm today	NO MARKET	1-2pm	Pomfret Public Library Visits		12:45-2pm	BINGO	2-4pm Market
15			16			17		
9:30-10:15am	POUND CLASS		9:30-10:15am	Coffee		9:30-10:30am	Croquet @ROSELAND COTTAGE	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	Knitting Club/Sewing w/Sharryn: potato bags	FLOOR YOGA	9:30-11:30am	Chair Caning@PSC	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	Lunch @Roseland Cottage	
12:45-2pm	Community Arts Collaborative	2-4pm Market	12:30-2pm	Sewing w/Sharryn cont.		12:45-2pm	Flower arranging @Roseland. Bring own vase.	2-4pm Market
22			23			24		
9:30-10:15am	POUND CLASS		10am-1pm	Chair Massage throughout the day		9:30-10:15am	Chair Caning	
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am	Coffee/Knitting Club	FLOOR YOGA	10-11am	Coffee/Watercolors w/Kelly	
11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH		11:45-12:15pm	LUNCH	
12:30-2:30pm	Vaccination Clinic	MOBILE MARKET	12:30-3pm			12:30-2pm	Parkinson's Program	2-4pm Market
29			30			October 1		
9:30-10:15am	POUND CLASS		9am	BUS TRIP TO HARKNESS		9:30-10:15am		
10:30-11:30am	coffee	CHAIR YOGA	10:30-11:30am		FLOOR YOGA	10:30-11:30am	coffee	
11:45-12:15pm	LUNCH		11:45-12:15pm	BYO LUNCH		11:45-12:15pm	LUNCH	
12:30-2pm	Presentation about author Carol Ruggiero	NO MARKET				12:30-2:30pm	Birthday celebration	2-4pm Market