

Pomfret Senior Center

207 Mashamoquet Rd. Pomfret, CT

May 2017

May Events/Activities

Wednesday, May 3rd- 10:30- Activity Planning Meeting-

Help steer the activities at the center! Bring your ideas, and help us plan for the months ahead!

Tuesday, May 9th- 12:00- Christopher Heights Presentation-

Join Laura Crosetti as she talks about Christopher Heights assisted living. Desserts will be provided during the presentation courtesy of the executive chef at Christopher Heights.



Wednesday, May 10th- 12:15- Movie- "Bridge of Spies"

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.

Starring: Tom Hanks, Mark Rylance, Alan Alda

Thursday, May 11th- 12:30- Laugh out Loud!

Come to the center with you best jokes! We are looing for a belly laughing good time. Please keep all jokes clean and appropriate.



Wednesday, May 17th- 10:30- Guided Meditation

Meditation serves to relax, focus and clear the mind. Join Barbara Marston, MDiv for a session of relaxation and focus using guided meditation and breathing techniques.

Thursday, May 18th- 10:00- Blood Pressure Clinic

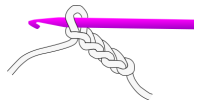
The Pomfret Senior Center will be offering a free Blood Pressure Screening starting at 10:00am. Please stop by to have your blood pressure checked, catch up with some old friends, as well as make a few new ones.

Thursday, May 18th- 10:00- Trip to New Britain Art Museum

For more information, and to sign up please view the back of the newsletter.

Thursday, May 18th- 12:15- Crocheting with Nancy

Are you interested in learning how to crochet? Maybe you would like to make a nice blanket, or hat for someone you love. Then come learn the basics of how to crochet with Nancy. Please bring your own crochet hooks if you have them. Hooks will be available if needed.



Wednesday, May 24th- 12:15- Movie- "Inferno"

When Robert Langdon wakes up in an Italian hospital with amnesia, he teams up with Dr. Sienna Brooks, and together they must race across Europe against the clock to foil a deadly global plot.

Stars: Tom Hanks, Felicity Jones, Irrfen Khan

Friday, May 25th- 12:30- Pet Pictures, and Pet Care Discussion

Bring in a picture of your pets to share with everyone, then stay for a presentation about everything pets, including best practices for taking care of them!



Tuesday, May 31st- 11:30- Memorial Day Cookout!

Join us for the 1st cookout of the year! Hamburgers and hot dogs will be provided. Please bring a salad or dessert to share

Trip to the New Britain Art Museum– May 18, 2017

Join us on Thursday May 18th as the Pomfret Senior Center visits the New Britain Art Museum! The van will depart the center at 10:00am. Cost of the event is \$12.00. If you are interested in signing up, or need more information please call the center at 860-928-7459.



The New Britain Art Museum was founded in 1903 and is the first museum of strictly American art in the country.

The museum is home to 11, 791 paintings, works on paper, sculptures, photographs and illustrations from American artists that spans 3 centuries.

These works of art have strengths in colonial portraiture, the Hudson River school, American Impressionism, the Ash Can school and the important mural series– The Art of Life in America by Thomas Hart Benson.

Upcoming Events: The Pomfret Senior Center will be visiting the Trolley Museum in East Windsor during the month of July. More information to follow.

Pomfret Senior Center
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