

# MAY 2023



## Pomperaug Woods

*The Art of Living*

### Calendar & Highlights

## Days Of the Week

# MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

## Monday 1

**9:30 - PHL - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)**

**10:00 - WH - YoChi w/ Claudia**

**1:00 - PHL - Newsletter Meeting**

**1:00 - WH - Chair Exercise**

**2:00 - PHL - Bible Study**

**3:00 - GR - Brian Gillie  
Live Performance**

## Thursday 4

**10:00 - AH - Current Events**

**10:30 - CL - Technology Support w/ James**

**10:30 - GR - Tai Chi w/ Vinny  
\*Room change for today only\***

**1:30 - WH - Pilates w/ Claudia**

**3:00 - AR - Needlers**

**4:15 - GR - Cocktail Hour  
*Thirsty Thursday - Serving Wine Only  
Floyd On Piano***

## Friday 5

**10:00 - AR - Creative Arts**

**11:00 - WH - Standing Exercise**

**1:00 - WH - Movement w/ Megan Boyd**

**1:30 - GR - Handler & Levesque  
Cinco de Mayo!**

**3:00 - PHL - Afternoon Tea**

# May 1-6

## Tuesday 2

**No Chair Yoga w/ Alisa**

**Newtown Savings Bank**

**1:30 - 3:00 PM - NEW TIME**

**10:00 - AR - Creative Arts**

**1:00 - WH - Standing Exercise**

## Wednesday 3

**11:15 - OUT TRIP - Greenwood  
Features - Formerly Bethel Cinema  
See Sign-Up Book For Movies**

**1:00 WH - Chair Exercise**

**2:00 & 7:30 - CH 901**

**Movie: Funny Face**

**3:00 - PHL - Afternoon Tea**

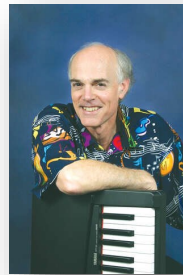
## Saturday 6

**Morning Bus Service**

**9:00, 10:00 & 11:00 AM Pickups**

**2:00 & 7:30 - CH 901**

**Movie: Billy Rose's Jumbo**



Monday, May 1  
Brian Gillie  
3:00 PM Garden Room



Friday, May 5  
***Cinco de Mayo***  
***with***  
***Handler & Levesque***  
3:00 PM Garden Room

# May 7-13

Sunday 7	Monday 8
<p><b><u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> Movie: Breakfast At Tiffany's</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00 - WH</u> - YoChi w/ Claudia</b></p> <p><b><u>10:00 - PHL</u> - Welcoming Q &amp; A Invitation Only</b></p> <p><b><u>11:00 - AR</u> - <i>ART With Rose Petruzzi</i></b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:00 - PHL</u> - Bible Study</b></p> <p><b><u>2:00 - GR</u> - Outdoor Walk</b></p>
Thursday 11	Friday 12
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>11:15 - PDR</u> - Food Committee</b></p> <p><b><u>1:30 - WH</u> - Pilates w/ Claudia</b></p> <p><b><u>3:00 - AR</u> - The Needlers</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p> <p><b><u>7:15 - GR</u> - Cabaret <i>with</i> Larry Batter</b></p>	<p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan Boyd</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel Mozart's Don Giovanni</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>

## **Tuesday 9**

**9:30 - WH- Chair Yoga w/ Alisa**

**Newtown Savings Bank**

**1:30 - 3:00 PM - NEW TIME**

**10:00 - AR- Creative Arts**

**1:00 - WH - Standing Exercise**

**3:00 - GR - Volunteer Fair**



## **Wednesday 10**

**10:00 - RS** - Blood Pressure Screening

**11:15 - OUT TRIP** - Tea With Tracy  
Shopping @ Oxford's  
Quarry Walk

**1:00 - WH** - Chair Exercise

**2:00 & 7:30 - CH 901**  
Movie: Mary Poppins

**3:00 - PHL** - Afternoon Tea

## **Saturday 13**

**Morning Bus Service**

**9:00, 10:00 & 11:00 AM Pickups**


**2:00 & 7:30 - CH 901**

**Movie: Fort Apache**



**Tuesday, May 9  
3:00 PM  
Garden Room**

# May 14-20

Sunday 14	Monday 15
<p><b><u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> Movie: Mother's Day</b></p> 	<p><b><u>10:00 - WH</u> - YoChi w/ Claudia</b></p> <p><b><u>2:00 - PHL</u> - Bible Study</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:15 - WH</u> - Dr. Hunt Topic: TBD</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 18	Friday 19
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>1:30 - WH</u> - Pilates w/ Claudia</b></p> <p><b><u>2:00PM</u> - Drumming with John Marshall</b></p> <p><b><u>3:00 - AR</u> - Needlers</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour <i>Thirsty Thursday - Serving Wine Only Floyd On Piano</i></b></p>	<p><b><u>NO</u> Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b>No Movement w/ Megan Boyd</b></p> <p><b><u>3:00 - WH</u> - Bingo</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>

## **Tuesday 16**

**9:30 - WH - Chair Yoga w/ Alisa**

**Newtown Savings Bank**

**1:30 - 3:00 PM - NEW TIME**

**9:00 - DR - Marketing Event**

**NO Creative Arts**

**10:00 - AH - Library Committee**

**1:00 - WH - Standing Exercise**

## **Wednesday 17**

**10:00 - OUT TRIP - White Memorial Lunch: @ the Corner Litchfield, CT**

**1:00 WH - Chair Exercise**

**2:00 & 7:30 - CH 901**

**Movie: High Sierra**

**3:00 - PHL - Tea with Christine PW Board Member**

## **Saturday 20**

**Morning Bus Service**

**9:00, 10:00 & 11:00 AM Pickups**

**12:00 Noon**

**AMC Theaters/Danbury**

**MET OPERA LIVE**

**TICKET HOLDERS ONLY**

**2:00 & 7:30 - CH 901**

**Movie: The Outfit**



**James Chapin** is here every **Thursday** morning in the Computer Lab from 10:30 until 11:30. Residents with hand held devices who need assistance may bring them down at this time. Please make sure you have with you all important passwords to allow access.

# May 21-27

Sunday 21	Monday 22
<p><b><u>8:30 - 12 Noon</u> –BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u>- Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u></b>  <b>Movie: Lulana: A Yak In the Classroom</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00 - WH</u> - YoChi w/ Claudia</b></p> <p><b><u>11:00 - AR</u> - <i>ART With Rose Petruzzi</i></b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:00 - PHL</u> - Bible Study</b></p> <p><b><u>2:00 PM - WH</u> - Healthy Brain Series Part 1 with Julianne Ramia - Dementia Specialist</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 25	Friday 26
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>1:30 - WH</u> - Pilates w/ Claudia</b></p> <p><b><u>3:00 - AR</u> - Needlers</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b>  <i>Thirsty Thursday - Serving Wine Only</i>  <i>Floyd On Piano</i></p>	<p><b><u>NO</u> Creative Arts</b></p> <p><b><u>10:30 - WH</u> - Resident Meeting</b>  <b>All are invited to attend.</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan Boyd</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>3:00 - WH</u>- Jeffrey Engel</b>  <b>Music Appreciation</b>  <b>Mozart's Don Giovanni</b></p>

## Tuesday 23

**9:30 - WH - Chair Yoga w/ Alisa**

**Newtown Savings Bank**

**1:30 - 3:00 PM - NEW TIME**

**10:00 - AR - Creative Arts**

**1:00 - WH - Standing Exercise**

**2:30 PM - WH - REEL ROYALTY  
With Mervyn Clay  
*Broken Lullaby (1932)***

## Wednesday 24

**10:00 - RS** - Blood Pressure Screening

**11:45 - OUT TRIP** - White Horse  
Pub, New Preston

**1:00 - WH** - Chair Exercise

**2:00 & 7:30 - CH 901**  
Movie: Empire Of Light

**3:00 - BOCCE BY the GAZEBO**  
Spectators Welcomed  
Refreshments Served!

## Saturday 27

**Morning Bus Service**

9:00, 10:00 & 11:00 AM Pickups

**11:00 - AH** - Gathering of Readers

**2:00 & 7:30 - CH 901**  
Movie: Beloved




**Resident Meeting**

**Friday, May 26**

**10:30 WH**

# May 28-31

Sunday 28	Monday 29
<p><b><u>8:30 - 12 Noon - BUS SERVICE TO MASS</u></b></p> <p><b><u>9:30 - PHL</u>- Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 - 901</u></b> <b>Movie: A Star Is Born</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b>No YoChi w/ Claudia</b> <b>NO Bible Study</b> <b>No Chair Exercise</b> <b>NO Afternoon Tea</b> <b>NO BUS SERVICE</b></p> <p><b><u>11:30 AM - 2:30 PM</u> - Picnic for Memorial Day !</b></p> <p><b><u>3:00 &amp; 7:15 - Channel 901-</u></b> <b>Holiday Movie: At War With the Army</b></p> 
<h2>Room Key</h2> <p><b>AH</b> - Ace of Hearts <b>AR</b> - Art Room <b>RS</b> - Resident Services <b>CL</b> - Computer Lab <b>PHL</b> - Pine Hill Lounge <b>HC</b> - Health Center <b>GR</b> - Garden Room <b>FC</b> - Fitness Center <b>FL</b> - Front Lobby <b>WH</b> - Wilson Hall <b>PDR</b> - Private Dining Rm <b>DR</b> - Dining Room</p>	<h2>Committee Meetings</h2> <p><b>Resident Council</b> <b>Monday, May 1 9:30 AM</b></p> <p><b>Newsletter Meeting</b> <b>Monday, May 1 1:00 PM</b></p> <p><b>Food Committee</b> <b>Thursday, May 11 11:15 AM</b></p> <p><b>Library Committee</b> <b>Tuesday, May 16 10:00 AM</b></p>

## Tuesday 30

9:30 - WH - Chair Yoga w/ Ali-sa

Newtown Savings Bank

1:30 - 3:00 PM - NEW TIME

10:00 - AR- Creative Arts

1:00 - WH - Standing Exercise

## Wednesday 31

10:00 OUT TRIP - Walking Warriors - West Haven Boardwalk  
Lunch TBD

**No Chair Exercise**

2:00 & 7:30 - CH 901

Movie: Guess Who's Coming To Dinner

## New Books for the Library

Murder Under a Red Moon *by* Harini Magrendra

Hello, Beautiful *by* Ann Napolitano

Old Babes in the Woods *by* Margaret Atwood

The Wager *by* David Grann

Small Mercies *by* Dennis Lehane





# Pomperaug Woods Bus Schedule

## Monday, Tuesday, Thursday & Friday

AM	PM
9:00	1:00
10:00	2:00
11:00	3:00 Last Pick-up Of the Day

**Wednesday**      No Service - Reserved for Out Trips

**Saturday**      **AM ONLY**  
9:00  
10:00  
11:00

**Sunday 8:30 to 12 Noon**  
First Drive Leaves @ 8:30 For  
9:00 AM Mass At Sacred Heart  
Second Drive Leaves @ 9:30 For  
Church Of the Epiphany

**Beauty Shop**  
*Saturdays - Please call the  
front desk for appointments.*

**Newtown Savings Bank**  
**Tuesday 1:30 PM - 3:00 PM**  
Located across from Art Room

**Cafe Hours**  
**11:30AM—2:30 PM**  
**4:00 PM - 6:00PM**  
*Monday - Friday*

**Continental Breakfast Available**  
**In the Dining Room**

*80 Heritage Rd. Southbury, CT 06488    (203) 262-6555*

