

# SEPTEMBER 2023



*Nepaug Reservoir Trail ~ Canton, CT*

## Pomperaug Woods

*The Art of Living*

## Calendar & Highlights

## Days Of the Week *At A Glance*

### SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					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

## September Meetings

**Resident Council**  
**Monday, September 11, 9:30 AM**

**Newsletter Meeting**  
**Monday, September 11, 1:00 PM**

**Food Committee**  
**Thursday, September 14, 11:15 AM**

**Library Committee**  
**Tuesday, September 19, 10:00 AM**

## Friday 1

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

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

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

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



**Mark Albertson Lectures**  
**Returns to PW in September**  
**8 Sessions Twice Per Month**  
**Topics Coming Soon In Separate Flyer**

September 14 2:30 WH  
September 28 10:30 WH

*Beginning With Jackie Gleason*  
*Ending With Humphrey Bogart!*

## September 1-2



### ***SWAP & SHOP***

**Drop-Off**

**Thursday, September 21**

**1:00 - 4:00 PM**

**Come & Shop**

**Friday, September 22**

**Doors Open @ 10:00 AM**

**Closes @ 12:00 PM**



**Frederick Moyer, Pianist**

**Sunday, September 24**

**7:30 PM**

**\*\*Doors To WH close @ 7:30 - Plan  
Dinner Accordingly**

## **Saturday 2**

### **Morning Bus Service**

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

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

**Movie: Saturday Night Fever**



**11:00 to 2:00**

**Picnic - DR Patio**



**Please make reservations  
early!**

# September 3-9

Sunday 3	Monday 4
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>10:00 - Health Center</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u></b>  <b>Movie: Fried Green Tomatoes</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b>Resident Council Meeting is Sept. 11</b></p> <p><b>No YoChi w/ Claudia</b></p> <p><b>No Chair Exercise</b></p> <p><b>Newsletter Meeting is Sept. 11</b></p> <p><b><u>11:00 to 2:00</u> - Picnic - DR Patio</b>  <b>(Please make reservations early)</b></p> 
Thursday 7	Friday 8
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b>No Technology Support</b></p> <p><b><u>10:30 - WH</u>- Tai Chi w/ Vinny</b></p> <p><b><u>1:30 - WH</u> - Cardio Fit &amp; Tone w/ Claudia</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>	<p><b><u>Private Event - AH</u> -AM ONLY</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</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>

Tuesday 5	Wednesday 6
<p><b><u>9:30 - WH - Chair Yoga w/ Alisa</u></b></p> <p><b><u>10:00 - AR- Creative Arts</u></b></p> <p><b><u>1:00 - WH - Standing Exercise</u></b></p> <p><b><u>2:00 - GR - Weekly Outdoor Walk</u></b></p> <p><b><u>Newtown Savings Bank</u></b>  <b><u>1:30 - 3:00 PM - C Wing Hallway</u></b></p>	<p><b><u>10:00 - RS - Blood Pressure Screening</u></b></p> <p><b><u>10:15 - OUT TRIP -</u></b>  <b>Walking Warriors - Silver Sands</b>  <b>Lunch at Dockside Brewery</b>  <b>Milford, CT</b></p> <p><b>No Chair Exercise</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: Horatio's Drive</b>  <b>America's First Road Trip</b></p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
Saturday 9	Room Key
<p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: The Notebook</b></p>	

# September 10-16

Sunday 10	Monday 11
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - Health Center</u> - Sacred Heart Eucharist</p> <p><u>3:00 &amp; 7:30 – 901</u> Movie: The da Vinci Code</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</p> <p><u>10:00 - WH</u> - YoChi w/ Claudia</p> <p><u>11&amp;1:00- WH</u> - Chair Exercise</p> <p><u>1:00 - PHL</u> - Newsletter Meeting</p> <p><u>2:15 - WH</u> - Dr. Hunt Topic: "September 11th: What Should We Say About It"</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - AR</u> - Needlers</p>
Thursday 14	Friday 15
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - WH</u>- Tai Chi w/ Vinny</p> <p><u>11:15 - PDR</u> - Food Committee</p> <p><u>11:30 - FL</u> - ROMEO's - Miranda's</p> <p><u>1:30 - AH</u> - Cardio Fit &amp; Tone w/ Claudia <b>Sign-up required due to space</b></p> <p><u>2:30 - WH</u> - Lecturer Mark Albertson </p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p><u>10:00 - AR</u>– Creative Arts</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:00 - WH</u> - Movement w/ Megan</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - WH</u> - Bingo</p> <p>Rosh Hashanah <i>begins at sundown</i></p> 

<b>Tuesday 12</b>	<b>Wednesday 13</b>
<p><b><u>9:30 - WH</u> - Chair Yoga w/ Alisa</b></p> <p><b><u>10:00 - AR</u> – Creative Arts</b></p> <p><b><u>1:00 - WH</u> - Standing Exercise</b></p> <p><b><u>Newtown Savings Bank</u></b>  <b><u>1:30 - 3:00 PM - C Wing Hallway</u></b></p> <p><b><u>3:00 - GR</u> - Musical Notes</b>  <b>With Lynne Kearney</b></p> <p><b><u>5:00 - FL</u> - Evening Bus Service</b>  <b>Southbury/Woodbury Only</b></p>	<p><b><u>11:15 - OUT TRIP</u> - Hopkin's Inn/ Lunch</b>  <b>New Preston, CT</b></p> <p><b><u>11:00 - WH</u> - Marketing Event</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b>  <b>No 11:00 class today</b></p> <p><b><u>2:00 - GR</u> - Weekly Outdoor Walk</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: The Truffle Hunters</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Saturday 16</b>	<b>REMINDER</b>
<p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: Goldfinger</b></p>	<p><b><u>5:00 - FL</u> - Evening Bus Service</b>  <b>Southbury/Woodbury Only</b></p> <p><b>Please be in the lobby NO later than 5.</b></p> <p><b>Residents are required to make their own arrangements. This is run the same as daily bus service. Please call the bus phone to be picked up.</b></p>

# September 17-23

<div style="text-align: center;"><b>Sunday 17</b></div> <div> <p><b><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</b></p> <p><b><u>10:00 - Health Center</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – 901 - Movie: Adele - Live At the Royal Albert Hall</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> </div>	<div style="text-align: center;"><b>Monday 18</b></div> <div> <p><b><u>10:00 - WH</u> - YoChi w/ Claudia</b></p> <p><b><u>11:00 - WH</u> - Chair Exercise</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:00 PM - WH</u> - Healthy Brain Series Part V with Julianne Ramia - Dementia Specialist</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> </div>
<div style="text-align: center;"><b>Thursday 21</b></div> <div> <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>1:00 - 4:00 PM - WH</u> Swap and Shop Drop-Off</b></p> <p><b><u>1:30 - AH</u> - Cardio Fit &amp; Tone w/ Claudia <b>Moved To AH</b> <b>Sign-up required due to space</b></b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p> </div>	<div style="text-align: center;"><b>Friday 22</b></div> <div> <p><b>No Creative Arts</b></p> <p><b>No Standing Exercise</b></p> <p><b>No Movement w/ Megan</b></p> <p><b><u>10:00 - 12 Noon - WH</u> Swap and Shop</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>3:00 - WH</u>- Jeffrey Engel Music Appreciation</b></p> <p><b>* Please note: If WH is not cleared out from Swap &amp; Shop Jeffrey will be moved to AH.</b></p> </div>

## Tuesday 19

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

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

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

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

**2:00 - GR - Weekly Outdoor Walk**

**Newtown Savings Bank**

**1:30 - 3:00 PM - C Wing Hallway**

**7:30 - GR - Larry Batter  
Cabaret**

## Saturday 23

**Morning Bus Service**

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

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

**Movie: From Here To Eternity**

## Wednesday 20

**9:30 - OUT TRIP - Hill-Stead  
Museum - Farmington, CT \$14.00  
Wood & Tap/Lunch**

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

**11:00 & 1:00 - WH - Chair Exercise**

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

**Movie: A Horse Called Warrior  
Hero of WWI**

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

**Music Appreciation  
With Jeffrey Engel  
September 8 & 22 - 3:00 PM - WH**

**Music Mentioned in the novel  
*The Violin Conspiracy***

In Brendan Slocumb's novel *The Violin Conspiracy*, Ray McMillian enters the prestigious International Tchaikovsky Competition in Moscow. He must perform music by a variety of composers before being able to advance to the final round where Tchaikovsky's concerto and Mozart's fifth await him.



Jeffrey Engel will present a brief history of the Tchaikovsky Competition and play recorded excerpts of several pieces Ray performs.

### **Berlioz And Opera**

During the 19<sup>th</sup> century the road to success for French composers ran through the doors of the Paris Opera. A triumphant premiere there would assure one of a lifetime of celebrity and commissions. Many major composers like Bizet, Debussy, Dukas, Faure and Lalo failed to have premieres at L'Opera. Berlioz had only one chance. Early in his career "Benvenuto Cellini" received just four performances. After them the hallowed portals remained closed to him for the rest of his life. That is not a reason to neglect his operatic output.

Jeffrey Engel will focus on the operatic side of this important symphonist and play excerpts from his oeuvre.

# September 24-30

Sunday 24	Monday 25
<p><u>9:30 - 12 Noon</u> - <b>BUS SERVICE TO MASS</b></p> <p><u>10:00 - Health Center</u> - Sacred Heart Eucharist</p> <p><u>3:00 &amp; 7:30 - 901</u> Movie: Madame Butterfly</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>7:30 - WH</u> - Frederick Moyer, Pianist **Doors To WH close @ 7:30 - Plan Dinner Accordingly</p>	<p><u>10:00 - WH</u> - YoChi w/ Claudia</p> <p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - WH</u> - Chair Exercise</p> <p><u>2:00 - GR</u> - Weekly Outdoor Walk</p> <p><u>3:00 - AR</u> - Needlers</p>
Thursday 28	Friday 29
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - WH</u> - Lecturer Mark Albertson </p> <p><u>10:30 - PAV</u> - Tai Chi w/ Vinny <b>This will be out at our new pavilion! Weather permitting</b></p> <p><b>No Cardio Fit &amp; Tone w/ Claudia</b></p> <p><u>2:00 - Bocce</u> - Bring a partner! Spectators welcome!</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p><b>No Creative Arts</b> <b>No Standing Exercise</b></p> <p><u>10:30 - WH</u> - Resident Meeting All are INVITED!</p> <p><u>1:00 - WH</u> - Movement w/ Megan</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:00 - GR</u> - Charades </p>

## Tuesday 26

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

1:00 - WH - Standing Exercise

Newtown Savings Bank

1:30 - 3:00 PM - C Wing Hallway

2:30 PM - WH - REEL ROYALTY

*With Mervyn Clay*

*Ah Wilderness! (1935)*

## Wednesday 27

10:00 - OUT TRIP -

Walking Warriors

Nepaug Reservoir Trail

Canton, CT

Lunch at Saybrook Fish House

**No Chair Exercise**

2:00 & 7:30 - CH 901

Movie: Orson Wells

3:00 - PHL - Afternoon Tea

## Saturday 30

Morning Bus Service

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

11:00 - AH - Gathering of Readers

*The Bluest Eye by Toni Morrison*

2:00 & 7:30 - CH 901

Movie: Grand Hotel



**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.

**JAMES WILL NOT BE HERE  
SEPTEMBER 7**



## Pomperaug Woods Bus Schedule

### Monday, Tuesday, Thursday & Friday

AM	PM	<u>Tuesday, September 12 5:00 - FL - Evening</u>
9:00	1:00	Bus
10:00	2:00	Southbury/Woodbury Only
11:00	3:00	Last Pick-up Of the Day
Reminder: Bus Service Ends @ <b>4:00 PM</b>		

**Wednesday**      No Service - Reserved for Out Trips - Private Drives Only

### Saturday      AM ONLY

9:00  
10:00  
11:00

### Sunday      9:30 to 12 Noon

First Drive Leaves @ 9:30 For  
Mass At Church Of the Epiphany  
St. Teresa's and UCC

Please see Lisa for further information.

#### 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

