

OCTOBER 2023



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week
At A Glance

OCTOBER 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 | 31 | | | | |

October Birthdays

Jean Burnham - October 2
 Paul Littman - October 5
 Bill Simon - October 11
 Dee Holmes - October 14
 Judith Rowley - October 15
 Jane DePass - October 16
 Sandy Bell - October 18
 Danna Copulos - October 20
 Ellie Crystal - October 31

October Meetings

Resident Council
Monday, October 2, 9:30 AM

NO Newsletter Meeting

Food Committee
Thursday, October 12 11:15 AM

Library Committee
Tuesday, October 17, 10:00 AM

Happenings



In-House Clothing Store
Friday, October 6
10:00 - 2:00 Garden Room

Tuesday, October 10

5:00 - FL - Evening Bus Service
Southbury/Woodbury Only

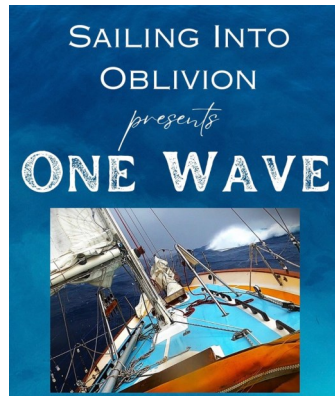
Please be in the lobby NO later than 5.

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.

Lecture



**Jerome Rand
Sailor**



**Tuesday, October 3
2:00 PM Wilson Hall**

Technology



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.

Lecture



"The Devil-Made-Me-Do-It Murder Case"

**Monday
October 30
11:00 AM - WH**

Special Event



**Tuesday
October 31
3:00 PM - GR**

October 1 - 7

| Sunday 1 | Monday 2 |
|---|---|
| <p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist **This will remain in Pine Hill Lounge for the entire month of October</p> <p><u>3:00 & 7:30 – 901</u> Movie: The Duchess</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>No Chair Exercise</p> <p>NO Newsletter Meeting</p> <p><u>3:00 - AH</u> - Pomperaug Players Auditions for Holiday Production: <i>Scrooge With A Twist</i></p> <p><i>All Card Players To Pine Hill Lounge</i></p> |
| Thursday 5 | Friday 6 |
| <p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - PAV</u> - Tai Chi w/ Vinny Weather Permitting</p> <p><u>10:30 - WH</u> - Lecturer Mark Albertson Topic: Olivia de Havilland</p> <p><u>3:00 - WH</u> - Double Play Flute & Tuba</p> <p><u>4:15 - GR</u> - Cocktail Hour</p> | <p><u>10:00 - AR</u> - Creative Arts</p> <p><u>10:00 - 2:00 - GR</u> - Bea Smith's In-House Clothing Store</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p>NO Movement w/ Megan</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> |

| Tuesday 3 | Wednesday 4 |
|---|---|
| <p><u>11:00 - 2:00 - Marketing Event</u> <u>WH & GR</u></p> <p><u>9:30 - AH - Chair Yoga w/ Alisa</u> Please note this is in Ace of Hearts</p> <p><u>10:00 - AR</u>– Creative Arts</p> <p>No Standing Exercise</p> <p><u>2:00 - WH</u> - Jerome Rand, Sailor <i>One Wave</i></p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p> | <p><u>10:00 - RS</u> - Blood Pressure Screening</p> <p><u>11:00 & 1:00 - WH</u> - Chair Exercise</p> <p><u>11:15 - OUT TRIP</u> - Hopkin's Inn/ Lunch New Preston, CT (Blank Sign-up Sheet, Please sign-up again)</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Dogs Of Democracy</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> |
| Saturday 7 | Room Key |
| <p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: From Here To Eternity</p> | |

AH - Ace of Hearts
 AR - Art Room
 RS - Resident Services
 CL - Computer Lab
 PHL - Pine Hill Lounge
 HC - Health Center
 GR - Garden Room
 FC - Fitness Center
 FL - Front Lobby
 WH - Wilson Hall
 PDR - Private Dining Rm
 DR - Dining Room
 PAV - Outdoor Pavilion (Doors
 opposite Garden Room)

October 8 - 14

| Sunday 8 | Monday 9 |
|--|---|
| <p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> Movie: Gigi</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> | <p><u>10:00 - WH</u> - YoChi w/ Claudia</p> <p><u>11&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: <i>"How teaching about Columbus has changed."</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> |
| Thursday 12 | Friday 13 |
| <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 Oriental Gourmet</p> <p><u>2:00 - Bocce</u> - Bring a partner! Spectators welcome!</p> <p><u>4:15 - GR</u> - Cocktail Hour</p> | <p><u>NO</u> Creative Arts</p> <p><u>NO</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> - Music Appreciation w/ Jeffrey Engel</p> |

| Tuesday 10 | Wednesday 11 |
|--|--|
| <p><u>9:30 - WH - Chair Yoga w/ Alisa</u></p> <p><u>NO</u> Creative Arts</p> <p><u>1:00 - WH - Standing Exercise</u></p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p> <p><u>3:00 - WH - Just For Fun Movie: <i>Hocus Pocus</i></u> Get in the mood for Halloween with popcorn , soda, and a movie!</p> <p><u>5:00 - FL - Evening Bus Service</u> Southbury/Woodbury Only</p> | <p><u>OUT TRIP - Walking Warriors - TBA</u></p> <p>No Chair Exercise</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Witness - Ruth Gruber: <i>Great correspondent of the 20th century tells her story.</i></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> |
| Saturday 14 | |
| <p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Book Club</p> | <p>Music Appreciation With Jeffrey Engel October 13 & 27 - 3:00 PM - WH</p> <p>Berlioz Part II "La Syphonie Fantastique" and Part III "Benvenuto Cellini."</p> <p>Berlioz And Opera, Part II, "Benvenuto Cellini" During the 19th 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.</p> <p>Jeffrey Engel will focus on the operatic side of this important symphonist and play excerpts from his oeuvre.</p> |

October 15 - 21

| Sunday 15 | Monday 16 |
|--|--|
| <p data-bbox="77 254 727 352"><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p data-bbox="77 405 638 495"><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p data-bbox="77 548 535 646"><u>3:00 & 7:30 – 901</u> - Movie: Anything Goes</p> <p data-bbox="77 699 631 747"><u>3:00 - PHL</u> - Afternoon Tea</p> | <p data-bbox="849 218 1482 266"><u>10:00 - WH</u> - YoChi w/ Claudia</p> <p data-bbox="849 319 1422 367"><u>11:00 - WH</u> - Chair Exercise</p> <p data-bbox="849 420 1401 468"><u>1:00 - WH</u> - Chair Exercise</p> <p data-bbox="849 520 1401 569"><u>3:00 - PHL</u> - Afternoon Tea</p> <p data-bbox="849 621 1260 669"><u>3:00 - AR</u> - Needlers</p> |
| Thursday 19 | Friday 20 |
| <p data-bbox="77 1199 654 1247"><u>10:00 - AH</u> - Current Events</p> <p data-bbox="77 1299 751 1390"><u>10:30 - CL</u> - Technology Support w/ James</p> <p data-bbox="77 1442 686 1491"><u>10:30 - WH</u>- Tai Chi w/ Vinny</p> <p data-bbox="77 1640 610 1688"><u>4:15 - GR</u> - Cocktail Hour</p> | <p data-bbox="849 1190 1377 1239"><u>10:00 - AR</u>– Creative Arts</p> <p data-bbox="849 1291 1490 1339"><u>11:00 - WH</u> - Standing Exercise</p> <p data-bbox="849 1392 1531 1440"><u>1:00 - WH</u> - Movement w/ Megan</p> <p data-bbox="849 1539 1401 1587"><u>3:00 - PHL</u> - Afternoon Tea</p> <p data-bbox="849 1640 1222 1688"><u>3:00 - WH</u> - Bingo</p> |

Tuesday 17

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

Wednesday 18

**9:30 - OUT TRIP - Clinton Outlets,
Clinton CT Lunch/Pizza**

10:00 - RS - Blood Pressure Screening

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

2:00 & 7:30 - CH 901

**Movie: Haunted History Of
Halloween**

**3:00 - PHL - Time With Christine
PW Board Member**

Saturday 21

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: The Souvenir

Music Appreciation With Jeffrey Engel

October 13 & 27 - 3:00 PM - WH

**Berlioz Part II "La Syphonie Fantastique"
and Part III "Benvenuto Cellini."**

Berlioz And Opera, Part II, "Benvenuto Cellini"

During the 19th 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.

October 29 - 31

| Sunday 22 | Monday 23 |
|--|---|
| <p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> Movie: Love Again</p> <p><u>3:00 - PHL</u> - Afternoon Tea</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 26 | Friday 27 |
| <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 Topic: The Marx Brothers</p> <p><u>10:30 - GR</u> - Tai Chi w/ Vinny</p> <p><u>2:00 - Bocce</u> - Bring a partner! Spectators welcome! Weather permitting.</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> - Jeffrey Engel Music Appreciation</p> <p><u>4:00 - GR</u> - “SPOOKY” Charades</p> |

| Tuesday 24 | Wednesday 25 |
|--|---|
| <p><u>9:30 - WH - Chair Yoga w/ Alisa</u></p> <p><u>10:00 - AR- Creative Arts</u></p> <p><u>1:00 - WH - Standing Exercise</u></p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p> <p><u>2:30 PM - WH - REEL ROYALTY</u> <i>With Mervyn Clay</i> <i>Next Time We Love (1936)</i></p> | <p><u>10:00 - OUT TRIP - New Britain Museum Of American Art</u> <u>Nor'Easter: The 53rd Annual Juried Members Exhibition</u> <u>Great Taste/Chinese/Lunch</u></p> <p><u>11:00 & 1:00 - WH - Chair Exercise</u></p> <p><u>2:00 & 7:30 - CH 901</u> <u>Movie: Groucho Marx - A Night At the Opera</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> |
| Saturday 28 | Monday 30 |
| <p><u>Morning Bus Service</u> <u>9:00, 10:00 & 11:00 AM Pickups</u> <u>11:00 - AH - Gathering of Readers</u> <i>Hamnet by Maggie O'Farrell</i> <u>2:00 & 7:30 - CH 901</u> <u>Movie: On Golden Pond</u></p> | <p><u>10:00 - AH - YoChi w/ Claudia</u></p> <p><u>1:00 - WH - Chair Exercise</u></p> <p><u>11:00 - WH- Mike Allen Lecture</u> <i>"The Devil Made Me Do It"</i></p> |
| Sunday 29 | Tuesday 31 |
| <p><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u> <u>10:00 - PHL - Sacred Heart Eucharist</u> <u>3:00 & 7:30 - 901</u> <u>Movie: Grease</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> | <p><u>9:30 - WH - Chair Yoga w/ Alisa</u> <u>NO Creative Arts</u> <u>1:00 - WH - Standing Exercise</u> <u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p> <p><u>3:00 - GR - WIGOUT</u> <u>Halloween Party</u></p> |



Pomperaug Woods Bus Schedule

Monday, Tuesday, Thursday & Friday

| | | |
|---|------|--|
| AM | PM | <u>Tuesday, October 10 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 @ 4:00 PM | | |

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

