

NOVEMBER 2023



Pomperaug Woods

The Art of Living

Calendar & Highlights

November 1-4

Days Of the Week *At A Glance*

NOVEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	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	1	2

November Meetings

Resident Council

Monday, November 6, 9:30 AM

Newsletter Meeting

Monday, November 6, 1:00 PM

Food Committee

Thursday, November 16

11:15 AM (3rd Week Change)

Library Committee

Tuesday, November 21, 10:00 AM

Thursday 2

9:00 - 11:30 - AH - Flu Clinic

10:00 - PHL - Current Events

**Please note this has been moved to
Pine Hill Lounge**

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

10:30 - WH - Tai Chi w/ Vinny

4:15 - GR - Cocktail Hour

Friday 3

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

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

3:00 - PHL - Afternoon Tea

**3:00 - WH - Music Appreciation
w/ Jeffrey Engel**

November

Birthdays

Don Chin - November 5
Jean Dean - November 11
Maryann Slocomb - November 13
Eileen Daley - November 21
Joan Reed - November 22
Carroll Michener - November 24
Alice E. Holmes - November 25

Saturday 4

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Little Women

Wednesday 1

10:00 - RS - Blood Pressure Screening

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

NO OUT TRIP

2:00 - GR - Weekly Outdoor Walk

2:00 & 7:30 - CH 901

Movie: West Side Story

3:00 - PHL - Afternoon Tea


Reminder



**Saturday Night
November 4**

November 5-11

Sunday 5	Monday 6
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist **This will remain in Pine Hill Lounge going forward, please note time change.</p> <p><u>3:00 & 7:30 – 901</u> Movie: Victor Victoria</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>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - PHL</u> - Newsletter Meeting</p> <p><u>1:00 - WH</u> - Chair Exercise</p> <p><u>3:00 - GR</u> - Meet the Candidates <i>Running for Resident Council</i></p>
Thursday 9	Friday 10
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James No Tai Chi w/ Vinny NO COCKTAIL HOUR NO Food Committee - Next Thursday</p> <p><u>2:00 - WH</u> - Marketing Event</p> <p><u>7:00 - WH</u> - Doug Feron Performance</p> <p>The Garden Room will be closed off today for Marketing Event Newspapers In Library Please Reserve Dining For Lunch/ Dinner Early!</p>	<p>No Creative Arts No Standing Exercise No Movement w/ Megan</p> <p>NO BUS SERVICE</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p>Veteran's Day Observed @ PW</p>

Tuesday 7	Wednesday 8
<p><u>9:30 - AH - 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>2:00 - GR - Weekly Outdoor Walk</u></p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p>	<p><u>11:00 & 1:00 - WH - Chair Exercise</u></p> <p><u>11:30- OUT TRIP - Bridgewater Café - Menu In Sign-up Book</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Into the Woods</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Saturday 11	Room Key
<p>Veteran's Day</p> <p>NO Bus Service</p> <p>Holiday Meal Hours</p> <p>Private Event - Garden Room Newspapers In Library</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: An Affair To Remember</p> 	

November 12-18

Sunday 12	Monday 13
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist **This will remain in Pine Hill Lounge going forward, please note time change.</p> <p><u>3:00 & 7:30 – 901</u> Movie: Broadway’s Lost Treasures</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>2:15 - WH</u> - Dr. Hunt Topic: <i>"Critical Issues of the Israeli-Hamas Conflict"</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 16	Friday 17
<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>4:15 - GR</u> - Cocktail Hour</p>	<p>No Creative Arts No Standing Exercise</p> <p><u>10:30 - WH</u> - Resident Meeting All are invited to attend</p> <p><u>1:00 - WH</u> - Movement w/ Megan</p> <p><u>2:00</u> - Bocce - Weather Permitting</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel</p>

Tuesday 14	Wednesday 15
<p><u>9:30 - WH</u> - Chair Yoga w/ Alisa</p> <p><u>10:00 - AR</u> - Creative Arts</p> <p><u>1:00 - WH</u> - Standing Exercise</p> <p><u>2:00 - GR</u> - Weekly Outdoor Walk</p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p> <p><u>3:00 - GR</u> - Musical Notes w/ Lynn</p> <p><u>5:00 - FL</u> - Evening Bus Service Southbury/Woodbury Only Sign-Up Required At Front Desk</p>	<p><u>10:00 - RS</u> - Blood Pressure Screen- ing</p> <p><u>10:00 - OUT TRIP</u> - Trader Joe's Danbury Lunch/Panda House</p> <p><u>11 & 1:00 - WH</u> - Chair Exercise</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Sweeney Todd</p> <p><u>2:30 - WH</u> - Mark Albertson Lecture: Cary Grant</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>7:30 - WH</u> - Frederick Moyer, Pianist</p>
Saturday 18	
<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: The Bridges Of Madison County</p>	<div data-bbox="938 1260 1425 1614" data-label="Image"> </div> <p data-bbox="886 1661 1495 1839"> Wednesday, November 15 Thru Tuesday, November 21 </p> <p data-bbox="886 1906 1495 2001"> See Justin in the Fitness Center for additional information. </p>

November 19-25

Sunday 19	Monday 20
<p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist **This will remain in Pine Hill Lounge going forward, please note time change.</p> <p><u>3:00 & 7:30 – 901</u> - Movie: An Old Fashioned Thanksgiving</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>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 23	Friday 24
<p>NO Current Events NO Technology Support NO Tai Chi w/ Vinny NO Cocktail Hour NO Bus Service</p> <p>Holiday Meal Hours</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: The Pilgrims</p> 	<p><u>NO</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>4:00 - GR</u> - “Charades”</p>

Tuesday 21

No Chair Yoga w/ Alisa

10:00 - AR– Creative Arts

10:00 - AH - Library Committee

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
The Cabin In the Cotton (1932)
(CC)

Wednesday 22

NO OUT TRIP

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

2:00 & 7:30 - CH 901
Movie: Soul Of the Ocean

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

Saturday 25

Morning Bus Service

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

**Pine Hill Lounge will be closed for
a Private Event**

11:00 - AH - Gathering of Readers
East Of Eden by John Steinbeck

2:00 & 7:30 - CH 901
Movie: Citizen Kane

**Music Appreciation
With Jeffrey Engel**

November 3 & 17 - 3:00 PM - WH

**Berlioz Part IV "Benvenuto Cellini." Part
V" Benvenuto Cellini."**

Berlioz And Opera, "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 life-time 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.

November 26-30

Sunday 26

9:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart
Eucharist

****This will remain in Pine Hill Lounge going forward, please note time change.**

3:00 & 7:30 – 901
Movie: Dances With Wolves

3:00 - PHL - Afternoon Tea

Monday 27

10:00 - WH - YoChi w/ Claudia

11:00 - WH - Chair Exercise

1:00 - WH - Chair Exercise

2:00 - GR - Weekly Outdoor Walk

3:00 - AR - Needlers

Thursday 30

10:00 - AH - Current Events

10:30 - CL - Technology Support w/ James

10:30 - WH - Tai Chi w/ Vinny

2:30 - WH - Lecturer
Mark Albertson
Topic: Orson Welles

4:15 - GR - Cocktail Hour



**Frederick Moyer, Pianist
Wednesday, November 15
7:30 PM**

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

Tuesday 28

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

Wednesday 29

TBA - OUT TRIP - Let's Go To the Movies: Time and Movies Will Be Posted Nov. 27

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

2:00 & 7:30 - CH 901

Movie: My Garden Of A Thousand Bees

3:00 - PHL - Afternoon Tea



Thursday, November 9th - 7:00PM

The *Doug Ferony Show* covers many classic songs with a variety of favorites from over the years including selections from Sinatra and the Rat Pack. Doug will be performing at PW with his 6 piece orchestra. Dress to the nines!

Holiday Meal Hours

The dining room will be open from 11:30-2:30 with reservations being requested. We will take 6 reservations every 15 minutes starting at 11:30 and ending at 2:15. Reservations of 5 or 6 are on a first come, first serve basis. Other than that, we only have tables of 4. Residents that order meals for take-out or delivery must order their meals by 2 pm. These meals will be ready for pick-up and delivery at 4 pm.

These are the Holidays that will be affected:

Veteran's Day	November 11, 2023
Thanksgiving Day	November 23, 2023
Christmas Day	December 25, 2023
New Year's Day	January 1, 2024



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

