

FEBRUARY 2024



Pomperaug Woods

The Art of Living

Calendar & Highlights

February 1-3

Days Of the Week *At A Glance*

FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	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	1	2

February Meetings

Resident Council
Monday, February 5, 9:30 AM

No Newsletter Meeting

Food Committee
Thursday, February 8, 11:30 AM

Library Committee
Tuesday, February 20, 10:00 AM
Please note this is now in the
Private Dining Room

Thursday 1

10:00 - AH - Current Events

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

Tai Chi w/ Vinny - Cancelled

2:00 - WH - NEW SPEAKER
Sharon Gutterman Ph.D.
Vitamin G : Gratitude

4:15 - GR - Cocktail Hour

Friday 2

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

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

3:00 - WH - Bingo
Wear Red Day For Free
Admission! All Prizes RED!

3:00 - PHL - Afternoon Tea

RESCHEDULED!



Lecture
Sharon Gutterman Ph.D.
Vitamin G : Gratitude
Thursday, February 1st
2:00 PM - WH



2024
Tuesday
February 13
Wilson Hall 3:00 PM

Saturday 3

Morning Bus Service
9:00, 10:00 & 11:00 AM Pickups

NEW FOR SATURDAYS!
11:00 - WH - Chair Zumba Gold
With Toni

2:00 & 7:30 - CH 901
Movie: The Apartment

American Heart Association®



WEAR RED TO BINGO
GET IN FREE!
ALL PRIZES WILL BE
RED!

February 4-10

Sunday 4	Monday 5
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> Movie: Kiss Me Kate</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 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></p> <p><u>11:00 - WH</u> - Chair Exercise</p> <p>1:00 - WH - Chair Exercise</p> <p><u>2:15 - WH</u> - Professor Hunt Topic: "A New Look At Poverty"</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 8	Friday 9
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - GR</u> - Tai Chi w/ Vinny</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>11:15 - PDR</u> - Food Committee Meeting</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 - WH</u> - Music Appreciation w/ Jeffrey Engel "Carmen" Part II</p> <p><u>3:00 - PHL</u>- Afternoon Tea</p>

Tuesday 6	Wednesday 7
<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> We will be using our new walking path!</p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p>	<p><u>10:00 - OUT TRIP - Lao Sze Chuan Restaurant, Orange, CT</u> <u>Trader Joe's Beforehand</u></p> <p><u>11:00 - WH - Chair Exercise</u></p> <p><u>1:00 - WH - Chair Exercise</u></p> <p><u>2:00 & 7:30 - CH 901 Movie: Leonardo da Vinci</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Saturday 10	
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>11:00 - WH - Chair Zumba Gold</u> With Toni</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Sliding Doors</p>	<div data-bbox="1015 1144 1388 1396" data-label="Image"> </div> <p>Blood Pressure Screening</p> <p>When: Every 1st & 3rd Wednesday of the Month</p> <p>Where: Resident Services</p> <p>Time: 10:00 AM</p>

February 11-17

Sunday 11	Monday 12
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> Movie: Shall We Dance</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p>Chair Exercise Cancelled</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 15	Friday 16
<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>2:30 - WH</u> - Netflix Anne With An E The Story Of Ann Of Green Gables Season I Episode 7 Season II Episode 1</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>Movement w/ Megan - Cancelled</p> <p><u>3:00 - GR</u> - Musical Notes/Sing a Long with Lynn Kearney & Nancy on the drums</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>

Tuesday 13

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

**3:00 - WH - Chris Coulter
Blue River Jazz Band**



Wednesday 14

10:00 - RS - Blood Pressure Screening

**10:00 AM - PHL - Ash Wednesday
Sacred Heart will distribute ashes
only.**

NO - OUT TRIP

11 & 1:00 - WH - Chair Exercise

**2:30 - WH - Mark Albertson
Lecture - Abe Lincoln**

**2:00 & 7:30 - CH 901
Movie: John Steinbeck**

Saturday 17

Morning Bus Service

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

**11:00 - WH - Chair Zumba Gold
With Toni**

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

**Fat Tuesday, February 13
3:00 PM - Wilson Hall**

The Blue River Jazz Band play America's traditional, classic, "hot" jazz and swing music from the early 20th century.

The band features fabulous music from New Orleans, along with songs written and made famous by great jazz artists like Louis Armstrong, Sidney Bechet, Duke Ellington, Count Basie, Lester Young, Fats Waller and of course, Benny Carter.



February 18-24

<div style="text-align: center; padding: 10px;">Sunday 18</div> <div style="padding: 10px;"> <p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> - Movie: The Sun Also Rises</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> </div>	<div style="text-align: center; padding: 10px;">Monday 19</div> <div style="padding: 10px;"> <p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - WH</u> - Chair Exercise</p> <p><u>2:00 - WH</u> - Nancy Crevier Poetry Readings</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> </div>
<div style="text-align: center; padding: 10px;">Thursday 22</div> <div style="padding: 10px;"> <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>2:30 - WH</u> - Mark Albertson Lecture - George Washington</p> <p><u>4:15 - GR</u> - Cocktail Hour</p> </div>	<div style="text-align: center; padding: 10px;">Friday 23</div> <div style="padding: 10px;"> <p><u>10:00 - AR</u> - Creative Arts</p> <p>WH - Private Event</p> <p><u>11:00 - GR</u> - Weekly Outdoor Walk</p> <p>Standing Exercise - Cancelled</p> <p>Movement w/ Megan - Cancelled</p> <p><u>3:00 - AH</u> - Music Appreciation w/ Jeffrey Engel "Bizet: A One Work Man?" Please note this is in Ace of Hearts</p> </div>

Tuesday 20

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:00 - PDR - Library Committee
This is now in the Private Dining Room.

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
Jamaica Inn 1939 (cc)

Wednesday 21

WH - Private Event

11:00 - OUT TRIP - Lunch @ Red Lobster - Shopping Beforehand in Danbury

2:00 & 7:30 - CH 901
Movie: Michelangelo

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

Saturday 24

Morning Bus Service
9:00, 10:00 & 11:00 AM Pickups

11:00 - AH - Gathering of Readers
The Personal Librarian
See Peggy Jett For Books

2:00 & 7:30 - CH 901
Movie: Paris Blues

New Books for the Library

Remarkably Bright Creatures--
Shelby van Pelt
The Second Stranger--Martin
Griffin
The Wager--David Grann
The Bee Sting--Paul Murray
Mercury--Amy Jo Burns



February 25-29

Sunday 25	Monday 26
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - AH</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: Cats</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></p> <p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - WH</u> - Chair Exercise</p> <p><u>2:30 - WH</u> - Movie Matinee <i>NYAD-</i> Starring Annette Bening & Jodie Foster Popcorn & Soda Served</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 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>- Tai Chi w/ Vinny</p> <p><u>2:30 - WH</u> - Netflix Anne With An E The Story Of Ann Of Green Gables Season II Episode 2 & 3</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p>Music Appreciation With Jeffrey Engel 3:00 PM - WH</p> <p>Feb. 9th - "Carmen," Part II.</p> <p>Feb. 23rd - "Bizet: A One Work Man?" Georges Bizet was basically a composer of operatic works. Mention his name and the first thought to come to mind would be “Carmen,” his only true masterpiece and one of the most popular operas ever written. Bizet, however, also composed a handful of orchestral works which deserve to remain in the repertory. Jeffrey Engel will detail Bizet’s difficult life and play excerpts from some of his orchestral music.</p>

Tuesday 27

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

3:00 - WH - Bingo

Wednesday 28

**10:30- OUT TRIP - Shepaug Eagle
Viewing - Weather Permitting
Pizza/Lunch**

Chair Exercise Cancelled

2:00 & 7:30 - CH 901

Movie: Saving Venice

3:00 - PHL - Afternoon Tea

Room Key

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)**



**During winter months please
check Channel 901 for any
cancellations due to road
conditions.**

- This includes Transportation & Classes with Outside Vendors.**



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
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

