

# JANUARY 2024



# Pomperaug Woods

*The Art of Living*

## Calendar & Highlights

# January 1-6

## Days Of the Week At A Glance

### JANUARY 2024

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			

## Monday 1

**NO BUS SERVICE**

### Holiday Meal Hours

**Afternoon Tea Cancelled**

**3:00 & 7:30 - 901**

**Movie: Dean Martin: That's Amore**



## Thursday 4

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

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

**10:30 - GR - Tai Chi w/ Vinny**

**2:30 - WH - Mark Albertson Lecture  
Topic: Betty Davis**

**4:15 - GR - Cocktail Hour**

## Friday 5

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

**11:00 - WH - Chair Zumba w/ Toni \*NEW CLASS\***

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

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

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

## Tuesday 2

9:30 - AH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:00 - WH - Standing Exercise

2:00 - GR - Weekly Outdoor Walk  
We will be using our new walking path!

Newtown Savings Bank

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

## Wednesday 3

10:00 - RS - Blood Pressure Screening

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

10:00 - OUT TRIP - Danbury Fair Mall

2:00 & 7:30 - CH 901 Movie: *Dark Victory* Starring Bette Davis

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: Quartet

## 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)

# January 7-13

<b>Sunday 7</b>	<b>Monday 8</b>
<p><b><u>9:30 - 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</u> – 901 Movie: Dolly Parton: 50 Years @ the Opry</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments</b></p> <p><b><u>WH</u> - Private Event - All Day</b></p> <p><b><u>1:00 - PHL</u> - Newsletter Meeting</b></p> <p><b>Chair Exercise - Cancelled</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 11</b>	<b>Friday 12</b>
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>11:15 - PDR</u> - Food Committee Meeting</b></p> <p><b>NEW!</b> <b><u>2:30 - WH</u></b> <b>Netflix - Anne With An E The Story Of Ann Of Green Gables Episodes 1 &amp; 2</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</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 - PHL</u>- Afternoon Tea</b></p> <p><b><u>3:00 - WH</u> - Bingo</b></p>

## Tuesday 9

9:30 - AH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts  
Origami with Jennifer O'Brien

1:00 - WH - Standing Exercise

2:00 - GR - Weekly Outdoor Walk  
We will be using our new walking path!

Newtown Savings Bank  
1:30 - 3:00 PM - C Wing Hallway

## Wednesday 10

11:00 - WH - Chair Exercise only

**All Card Players To the Garden Room**

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

2:00 & 7:30 - CH 901 Movie:  
Won't You Be My Neighbor?

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: The Visitor



**Sharon Gutterman Ph.D.**  
**Vitamin G : Gratitude**  
**Wednesday January 10**  
**2:00 WH**

# January 14-20

<b>Sunday 14</b>	<b>Monday 15</b>
<p><b><u>9:30 - 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</u> – 901 Movie: It Happened One Night</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00 - AH</u> - Tech Topics with Andy Chapin - Extending Battery Life - Bring your questions!</b></p> <p><b><u>11&amp;1:00- WH</u> - Chair Exercise</b></p> <p><b><u>2:15 - WH</u> - Professor Alfred Hunt Topic: "Race, the History Of An Idea"</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 18</b>	<b>Friday 19</b>
<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>NEW!</b> <b><u>2:30 - WH</u> Netflix - Anne With An E The Story Of Ann Of Green Gables Episodes 3 &amp; 4</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</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>2:30 - WH</u> - Mark Albertson Lecture Topic: Clark Gable</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>

## Tuesday 16

9:30 - AH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:00 - PDR - Library Committee

1:00 - WH - Standing Exercise

Newtown Savings Bank

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

5:00 - FL - Evening Bus Service  
Southbury/Woodbury Only  
Sign-Up Required At Front Desk

**\*\*Requires A Minimum of 4 To Run**

## Wednesday 17

10:00 - RS - Blood Pressure Screening

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

11 & 1:00 - WH - Chair Exercise

2:00 & 7:30 - CH 901

Movie: Gifted Hands

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

## Saturday 20

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: High Society



**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.

# January 21-27

<b>Sunday 21</b>	<b>Monday 22</b>
<p><b><u>9:30 - 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: When Harry Met Sally</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></b></p> <p><b><u>11:00 - WH</u> - Chair Exercise</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 25</b>	<b>Friday 26</b>
<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 - WH</u> - Chair Zumba w/ Toni</b></p> <p><b>NEW!</b> <b><u>2:30 - WH</u></b> <b>Netflix - Anne With An E The Story Of Ann Of Green Gables Episodes 5 &amp; 6</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>	<p><b>Creative Arts - Cancelled</b></p> <p><b>Standing Exercise - Cancelled</b></p> <p><b><u>10:30 - WH</u> - Resident Meeting</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan</b></p> <p><b>Afternoon Tea Cancelled</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel</b></p> <p><b><u>3:00 - GR</u> - Charades</b></p>



## Tuesday 23

**9:30 - AH - Chair Yoga w/ Alisa**  
**Please note this is in Ace of Hearts**

**Creative Arts - Cancelled**

**Standing Exercise Cancelled**

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

**Newtown Savings Bank**

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

**2:30 PM - WH - REEL ROYALTY**

*With Mervyn Clay*

*Smilin' Through (1932)*

**(CC)**

## Wednesday 24

**10:30 - OUT TRIP - Walking Warriors - Still River Greenway Trail, Brookfield**  
**Maggie McFly's/Lunch**  
**Weather Permitting**

**Chair Exercise Cancelled**

**All Card Players To the Garden Room**

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

**Movie: The Hidden Life Of Trees**

## Saturday 27

**Morning Bus Service**

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

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

*Killers of the August Moon*  
*by David Gran*

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

**Movie: Guys and Dolls**



**10:30 - WH**  
**Resident Meeting**  
**All are invited to attend.**

# January 28-31

## Sunday 28

**9:30 - 12 Noon - BUS SERVICE TO MASS**

**9:30 - AH - Sacred Heart  
Eucharist**

**3:00 & 7:30 – 901  
Movie: America's Musical Heritage**

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

## Monday 29

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

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

**2:30 - WH - Movie Matinee  
*Maestro* - Starring Bradley  
Cooper & Carey Mulligan  
Popcorn & Soda Served**

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

### **Music Appreciation With Jeffrey Engel January 5 and 26 - 3:00 PM - WH**

#### **NABUCCO**

The early years of Giuseppe Verdi (1813-1901) were marked by obscurity, struggle, failure and tragedy. Beginning in 1836 he conducted and taught in a small town near Parma. He married and had two children, but by 1840 his young family had died. A first opera produced in 1839 was a mild success, but it was followed by a fiasco in 1840. Verdi renounced composition, but fortunately wasn't resolute in his decision. "Nabucco" would premiere in 1842, be a resounding success and for the next fifty years Verdi was the most dominant composer of opera in Italy.

#### **CARMEN**

When "Carmen" premiered in 1875 the critical and public reaction was lukewarm. Although it would not be seen again in Paris for some seven years, it gained popularity in other French cities and several foreign countries. By the early twentieth century Bizet's last work had become one of the most often performed operas in the repertory.



**Flower Committee Resumes  
January 4th @ 2:00PM.  
The committee can always use  
an extra hand. Please consider  
joining this group which takes  
up minimal time.**

## Tuesday 30

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:00 - WH - Standing Exercise

2:00 - GR - Weekly Outdoor Walk

Newtown Savings Bank

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

3:00 - WH - Bingo

## Wednesday 31

10:00- OUT TRIP - New Britain Museum Of American Art/Lunch On Site

11 & 1:00 - WH - Chair Exercise

2:00 & 7:30 - CH 901

Movie: Hippos: Africa's River Giants

3:00 - PHL - Afternoon Tea

## January Meetings

**Resident Council**  
Monday, January 8, 9:30 AM

**Newsletter Meeting**  
Monday, January 8, 1:00 PM

**Food Committee**  
Thursday, January 11, 11:30AM

**Library Committee**  
Tuesday, January 16, 10:00 AM



**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**

<b>AM</b>	<b>PM</b>	<b>Tuesday, December 19 - FL - Evening Bus</b>
9:00	1:00	Southbury/Woodbury Only
10:00	2:00	<b>**Requires A Minimum of 4 To Run</b>
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

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

