





The Art of Living Calendar & Highlights

March 1-2

Days Of the Week At A Glance

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25 31	26	27	28	29	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

March Meetings

Resident Council Monday, March 4, 9:30 AM

Newsletter Meeting Monday, March 4, 1:00 PM

Food Committee Thursday, March 14, 11:15 AM

Library Committee Tuesday, March 19, 10:00 AM Please note this is now in the Private Dining Room

Resident Meeting Friday, March 29 10:30 AM

Friday 1

<u>10:00 - AR</u>- Creative Arts

<u>11:00 - WH</u> - Standing Exercise

Movement w/ Megan - Cancelled

<u>3:00 - PHL</u> - Afternoon Tea

Saturday 2

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

<u>2:00 & 7:30 - CH 901</u> Movie: Shall We Dance

STEPHEN COLLINS & POORNIMA KIRBY

PERFORMING KING LEAR



Tuesday, March 12 3:00 PM Wilson Hall

CELTIC CELEBRATION

MUSIC FROM IRELAND, SCOTLAND, & WALES

Judy Handler & Mark Levesque

Friday, March 15 3:00 PM Garden Room

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

La Forza Del Destino

With the premiere of "Un Ballo in Maschera" in 1859, Verdi had completed 23 operas in 20 years. He had reached the pinnacle of success as the most celebrated and often performed composer of Italian opera. For a second time in his career, Verdi decided to retire. He was being kept very busy with his villa and farm at Sant' Agata and in 1861 he began to serve in the first Italian parliament. In 1860, Verdi received a commission for a new opera from the Imperial Theatre in St. Petersburg. After two years of compositional silence, Verdi took up again the pen and at the end of 1862 "La Forza Del Destino" was premiered in Russia.

Jeffrey Engel will detail the background history of "La Forza" and play some excerpts from it.

Romeo et Juliette

Today, Charles Gounod (1818-1893) is best remembered for two operas and a funeral march. The last will be particularly familiar to television viewers of the mid 1900's as the musical theme opening "Alfred Hitchcock Presents." "Faust," which premiered in 1859, was Gounod's first great success and it quickly became one of the most popular operas in the international repertory. Gounod failed to equal its success but came close with "Romeo et Juliette" in 1867. Jeffrey Engel will detail the life of Gounod, the background history of his "Romeo" and play some musical excerpts from it.



reading writing listening discussing

Calling all poetry lovers for an informal meeting to discuss moving forward and what this will entail.

> March 11 2:00 PM Pine Hill Lounge

March 3-9

Sunday 3	Monday 4		
9:30 - 12 Noon - BUS SERVICE TO MASS	<u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments		
9:30 - PHL - Sacred Heart Eucharist 3:00 & 7:30 – 901 Movie: The Duke 3:00 - PHL - Afternoon Tea	11:00 - WH - Chair Exercise1:00 - PHL - Newsletter Meeting1:00 - WH - Chair Exercise2:15 - WH - Professor HuntTopic: "Reconsidering the Supreme Court"3:00 - PHL - Afternoon Tea		
Thursday 7	Friday 8		
<u>10:00 - AH -</u> Current Events	<u>10:00 - AR</u> – Creative Arts		
<u> 10:30 - WH - </u> Tai Chi w/ Vinny	Standing Exercise - Cancelled		
<u>10:30 - CL</u> - Technology Support w/ James	<u>1:00 - WH -</u> Movement w/ Megan		
<u>1:00 - WH</u> - Chair Zumba Gold With Toni	<u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel <i>La Forza Del Destino</i>		
2.20 WIL Mark Albertoon			
<u>2:30 - WH -</u> Mark Albertson Lecture - Levee en Masse	<u>3:00 - PHL</u> - Afternoon Tea		
	<u>3:00 - PHL</u> - Afternoon Tea		

Tuesday 5	Wednesday 6
<u>9:30 - WH - </u> Chair Yoga w/ Alisa	<u>10:00 - RS</u> - Blood Pressure Screening
<u>10:00 - AR</u> – Creative Arts	<u>11:00 - OUT TRIP</u> - Uncommon
<u>1:00 - WH</u> - Standing Exercise	Grill - Watertown Shopping @ Marshall's beforehand
<u>2:00 - GR</u> - Weekly Outdoor Walk	<u> 11:00 - WH -</u> Chair Exercise
We will be using our new walking path!	<u>1:00 - WH</u> - Chair Exercise
<u>Newtown Savings Bank</u> 1:30 - 3:00 PM - C Wing Hallway	2:00 & 7:30 - CH 901 Movie:
<u>2:30 - WH</u> - Movie Matinee	30 years Of National Geographic Specials
<i>The Holdovers</i> - Starring Paul Giamatti	•
Popcorn & Soda Served	<u> 3:00 - PHL</u> - Afternoon Tea
Saturday 9	
<u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups	
<u>11:00 - FL -</u> MET Opera Live La Forza del Destino	Blood Pressure Screening
This is for ticketholders only.	
Please note this show starts earlier than the others!	When: Every 1st & 3rd Wednesday of the Month
<u>2:00 & 7:30 - CH 901</u> Movie: Mona Lisa Smile	Where: Resident Services
171071C, 171011A L/15A SIIIIIC	Time: 10:00 AM

March 10-16

Sunday 10	Monday 11
9:30 - 12 Noon - BUS SERVICE TO MASS 9:30 - PHL - Sacred Heart Eucharist 3:00 & 7:30 – 901 Movie: Barbie 3:00 - PHL - Afternoon Tea	<u>WH - All Day -</u> Private Event <u>10:00 - AH -</u> Technology Class with Andy Chapin <i>Bring Your Questions!</i> Chair Exercise Cancelled 2:00 - PHL - Poetry Anyone? All Interested Please Attend <u>3:00 - PHL</u> - Afternoon Tea
Thursday 14 <u>10:00 - AH -</u> Current Events	Friday 15
<u> 10:30 - CL</u> - Technology Support w/ James	<u>10:00 - AR</u> – Creative Arts
<u>10:30 - WH</u> - Tai Chi w/ Vinny	<u>11:00 - WH</u> - Standing Exercise
<u>11:15 - PDR</u> - Food Committee Meeting <u>1:00 - WH</u> - Chair Zumba Gold <u>2:30 - WH - Netflix</u>	<u>1:00 - WH</u> - Movement w/ Megan <u>3:00 - GR -</u> Judy Handler & Mark Levesque - Celebrating St. Patrick's Day With Celtic Mu- sic
Anne With An E The Story Of Ann Of Green Gables Season II Episodes 4 & 5 <u>4:15 - GR</u> - Cocktail Hour	Afternoon Tea - Cancelled

Tuesday 12	Wednesday 13
<u>9:30 - WH</u> - Chair Yoga w/ Alisa <u>10:00 - AR</u> - Creative Arts <u>1:00 - WH</u> - Standing Exercise	<u>10:30 - OUT TRIP</u> - Mission Barbecue Lunch/Shopping Beforehand On Queen Street: JoAnn's Fabrics, TJ Maxx
<u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u>	<u> 11:00 - WH - </u> Chair Exercise
<u>3:00 - WH</u> - KING LEAR Stephen Collins & Poornima Kirby Return To Perform An Artistic Adaptation	<u>1:00 - WH -</u> Chair Exercise <u>2:00 & 7:30 - CH 901</u> Movie: Michael Flatley Gold
	<u>3:00 - WH</u> - Bingo
	<u>3:00 - PHL</u> - Afternoon Tea
Saturday 16 <u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups	
<u>2:00 & 7:30 - CH 901</u> Movie: My Boy Jack	WEARE PUMPED
	FOR PUMP IT! Thursday, April 11, 2024

March 17-23		
Sunday 17	Monday 18	
<u>9:30 - 12 Noon –</u> BUS SERVICE TO MASS	<u> 11:00 - WH - Chair Exercise</u>	
9:30 - PHL - Sacred Heart Eucharist All Card Players to Garden Room 2:00 - FL - Waterbury Symphony For Ticketholders Only 3:00 - PHL - Afternoon Tea 3:00 & 7:30 - 901 - Movie: Trinity Classical Irish Music	1:00 - WH- Chair Exercise3:00 - WH- Musical Notes/Sing-a- Long w/ Lyn Kearney & Nancy on drums3:00 - PHL- Afternoon Tea	
Thursday 21	Friday 22	
<u>10:00 - AH - Current Events</u> <u>10:30 - CL</u> - Technology Support w/ James Tai Chi w/ Vinny - Cancelled Cocktail Hour Cancelled <u>7:15 - GR</u> - Cabaret with Larry Batter Refreshments Served!	10:00 - AR - Creative Arts11:00 - WH - Standing Exercise1:00 - WH - Movement w/ Megan3:00 - WH - Music Appreciation w/Jeffrey Engel Romeo et Juliette3:00 - PHL - Afternoon Tea	

Tuesday 19	Wednesday 20
9 <u>:30 - WH</u> - Chair Yoga w/ Alisa	<u>10:00 - RS</u> - Blood Pressure Screening
<u> 10:00 - AR</u> - Creative Arts	<u>OUT TRIP -</u> Let's Go To the Movies Movie/s & Time To Be
<u>10:00 - PDR</u> - Library Committee This is now in the Private Dining	Posted In the Signup Book 3/14 <u>11:00 - WH - Chair Exercise</u>
Room.	<u>1:00 - WH</u> - Chair Exercise
<u>1:00 - WH</u> - Standing Exercise	<u>2:00 & 7:30 - CH 901</u> Movie: The American Buffalo
<u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u>	Ken Burns - Part I
<u>2:30 PM - WH</u> - REEL ROYALTY <i>With</i> Mervyn Clay <i>Confession 1937</i>	<u>3:00 - PHL</u> - Time With Christine PW Board Member
Saturday 23	New Books for the Library
Saturday 23 <u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups	New Books for the Library The WomenKristin Hannah
Morning Bus Service	
Morning Bus Service 9:00, 10:00 & 11:00 AM Pickups <u>12:00 - FL - MET Opera Live</u> Romeo et Juliette This is for ticketholders only.	The WomenKristin Hannah Fourteen Daysedited by Marga- ret Atwood & Douglas Preston The Bishop and the Butterfly
Morning Bus Service 9:00, 10:00 & 11:00 AM Pickups <u>12:00 - FL - MET Opera Live</u> Romeo et Juliette	The WomenKristin Hannah Fourteen Daysedited by Marga- ret Atwood & Douglas Preston The Bishop and the Butterfly Michael Wolraich
Morning Bus Service 9:00, 10:00 & 11:00 AM Pickups <u>12:00 - FL - MET Opera Live</u> Romeo et Juliette This is for ticketholders only. <u>11:00 - WH - Chair Zumba Gold</u>	The WomenKristin Hannah Fourteen Daysedited by Marga- ret Atwood & Douglas Preston The Bishop and the Butterfly

March 24-31

Sunday 24	Monday 25
<u>9:30 - 12 Noon -</u> BUS SERVICE TO MASS <u>9:30 - PHL</u> - Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Anything Goes <u>3:00 - PHL</u> - Afternoon Tea	<u>11:00 - WH -</u> Chair Exercise <u>10:00 - AH -</u> Technology Class with Andy Chapin <i>Bring Your Questions!</i> <u>1:00 - WH -</u> Chair Exercise <u>2:30 - WH -</u> Mark Albertson Lecture - Eleanor Roosevelt <u>3:00 - PHL</u> - Afternoon Tea
Thursday 28	Friday 29
<u>10:00 - AH -</u> Current Events <u>10:30 - CL</u> - Technology Support w/ James <u>10:30 - WH</u> - Tai Chi w/ Vinny <u>1:00 - WH</u> - Chair Zumba Gold With Toni <u>2:30 - WH - Netflix</u>	Creative Arts Cancelled <u>10:30 - WH</u> - Resident Meeting All are invited and encouraged to attend. Standing Exercise Cancelled <u>1:00 - WH - Movement w/</u>
Anne With An E The Story Of Ann Of Green Gables Season II Episodes 6 & 7 <u>4:15 - GR</u> - Cocktail Hour	Megan <u>2:00 - GR</u> - EGG-CEPTIONAL Easter Egg Hunt <u>3:00 - PHL</u> - Afternoon Tea

Tuesday 26	Wednesday 27
9 <u>:30 - WH</u> - Chair Yoga w/ Alisa <u>10:00 - AR</u> – Creative Arts	<u>9:30- OUT TRIP -</u> Ballard Institute and Museum of Puppetry UCONN Storrs - \$5.00 Fenton River Grill/ Lunch
<u>1:00 - WH</u> - Standing Exercise	<u> 11:00 - WH -</u> Chair Exercise
<u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u>	<u>1:00 - WH</u> - Chair Exercise
	<u>2:00 & 7:30 - CH 901</u> Movie: The American Buffalo Ken Burns - Part II
	<u> 3:00 - PHL</u> - Afternoon Tea
Saturday 30	Sunday 31
Saturday 30 <u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups	Sunday 31 9:30 - 12 Noon - BUS SERVICE TO MASS
Morning Bus Service	<u>9:30 - 12 Noon -</u> BUS SERVICE
Morning Bus Service 9:00, 10:00 & 11:00 AM Pickups <u>11:00 - AH</u> - Gathering of Readers	9:30 - 12 Noon - BUS SERVICE TO MASS 9:30 - PHL - Sacred Heart
Morning Bus Service 9:00, 10:00 & 11:00 AM Pickups <u>11:00 - AH</u> - Gathering of Readers <i>The Mayor of Casterbridge</i>	<u>9:30 - 12 Noon -</u> BUS SERVICE TO MASS <u>9:30 - PHL</u> - Sacred Heart Eucharist



Pomperaug Woods Bus Schedule

Monday, Tue	sday, Thursday &	Friday	
AM 9:00 10:00 11:00 Reminder: Bus Se	PM 1:00 2:00 3:00 Last Pic ervice Ends @ 4:00 PM	ck-up Of the Day	
Wednesday	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.	
	Saturday, front desk <u>Newtow</u> Tuesday 1 Located ac 11:30 4:00 Mo Continental	eauty Shop s - Please call the for appointments. <u>A Savings Bank</u> :30 PM - 3:00 PM cross from Art Room <u>afe Hours</u> DAM-2:30 PM 0 PM - 6:00PM oday - Friday Breakfast Available Dining Room	

80 Heritage Rd. Southbury, CT 06488 (203) 262-6555

